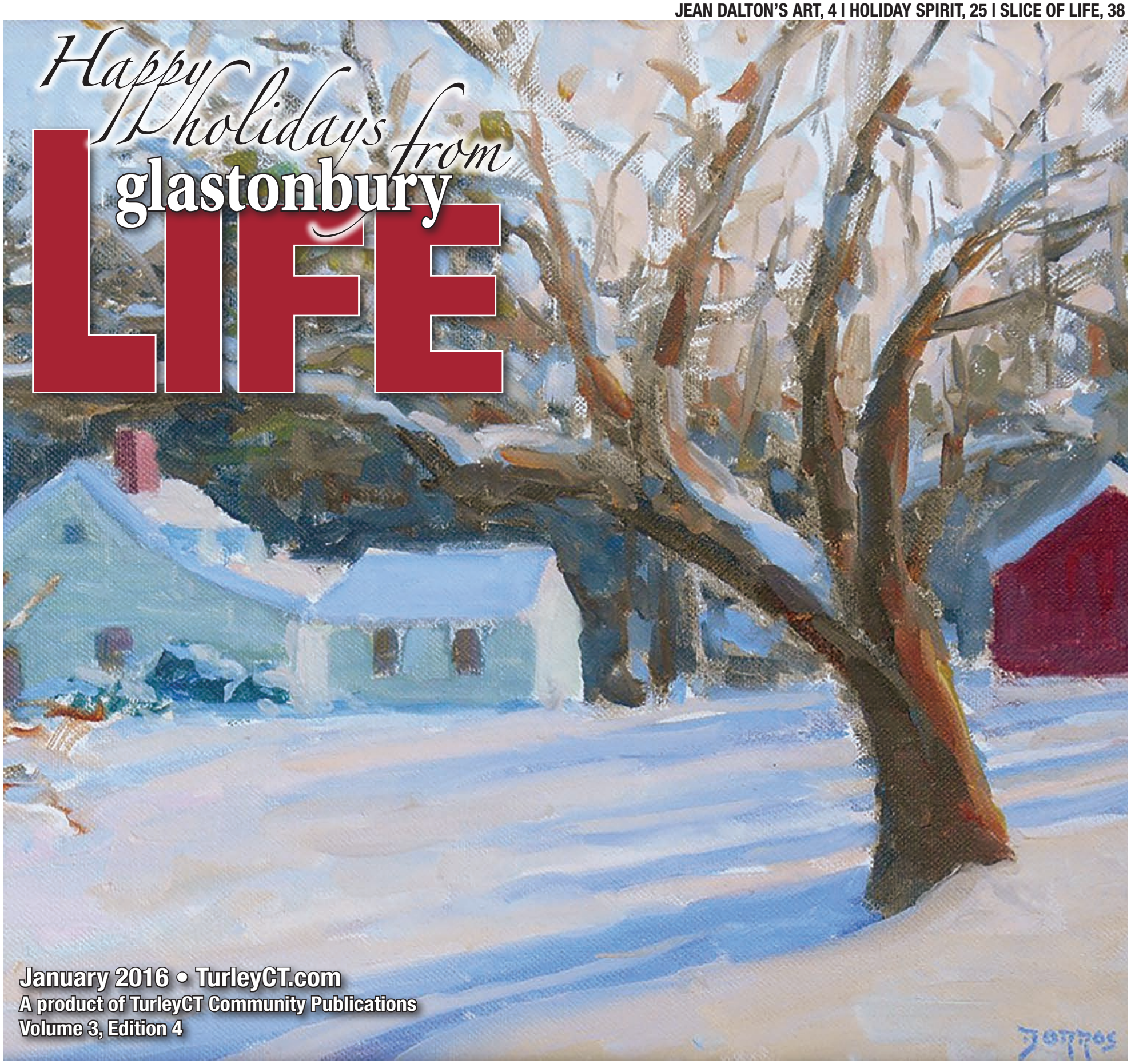
JEAN DALTON'S ART, 4 | HOLIDAY SPIRIT, 25 | SLICE OF LIFE, 38



Happy Holidays from

glastonbury LIFE

January 2016 • TurleyCT.com
A product of TurleyCT Community Publications
Volume 3, Edition 4

Residential Customer
ECR-WSS

PRSRT STD
US POSTAGE
PAID
PALMER, MA
PERMIT #22

TurleyCT Community Publications
540 Hopmeadow St.
Simsbury, CT 06070

up to 70% off
AFTER HOLIDAY CLEARANCE SUPER SALE
STARTS JANUARY 2, 2016
KATZ ACE HARDWARE & RENTAL
Benjamin Moore

Time to Wrap Up a New Home!

MARGARET
860-916-3517

397 OVERLOOK ROAD

Glastonbury $399,900
New roof and exterior paint; refinished hardwood floors; open floor plan; large family room. 4 beds; 3.1 baths; 3786 sq. ft.

200 COLTON ROAD

Glastonbury $549,900
Open floor plan; remodeled eat in gourmet kitchen with stainless and granite, great built-ins too! First floor master! 4 beds; 3.1 baths; 3999 sq. ft.

257 PAXTON WAY

Glastonbury $599,000
Beautiful Glastonbury Heights Toll home in prime location! Fantastic attention to detail. 4 beds; 2.1 baths; 3528 sq. ft.

364 MONACO LANE

Glastonbury $210,000
Great to find end unit condo in always popular Georgetown! 1st floor bedroom, adjacent full bath. 3 beds; 2 baths; 1510 sq.ft.

57 SULKY LANE

Glastonbury $368,500
End of the cul-de-sac, level and private backyard in the popular Buttonball neighborhood. 4 beds; 2.1 baths; 2215 sq. ft.

497 WEIR STREET

Glastonbury $379,900
Newly refinished!! Gleaming hardwood floors, freshly painted, remodeled kitchen with 1st floor 4 beds; 4.1 baths; 3396 sq. ft.

71 BROOK STREET

Glastonbury SALE PENDING
Architect designed center-chimney style sited on a private wooded lot bordering conservation trust lands. 5 Beds; 3.1 Baths; 2970 sq. ft.

90 ADDISON ROAD

Glastonbury $229,900
Classic New England style in this 1740 historic home located near Addison Pond. 3 bed; 2 bath; 1546 sq. ft. Also w/ 100 Addison Rd for $699,900!

100 ADDISON ROAD

Glastonbury $449,900
Beautiful Post & Beam built home with very open floor plan. Pond views! 3 beds; 2.1 baths; 2528 sq. ft. Also w/ 90 Addison Rd for $699,900!

21 HICKORY DRIVE

Glastonbury $279,000
A great country home in a very private setting plus more than two acres of land! Ready to move in! 3 beds; 2.1 baths; 1574 sq. ft.

36 COPLEY ROAD

South Glastonbury $278,000
Open floorplan, finished basement, hardwood floors, wood burning fireplace. Move in ready! 2 beds; 2.1 baths; 1488 sq. ft.

52 MOUNTAIN VIEW ROAD

Glastonbury $261,900
Designed with loads of character. Soaring ceilings, open floorplan, dramatic beams, & hardwood floors. 3 beds; 2.1 baths; 3070 sq. ft.

584 BIRCH MOUNTAIN ROAD

Glastonbury $1,075,000
Exceptional estate property; custom brick home sited in an orchard; exceptional architectural detail. 4 beds; 6.1 baths; 6191 sq. ft.

113 COLTON ROAD

Glastonbury $879,900
Superior architectural details, moldings, built-ins, and more! Open concept floor plan. 5 beds; 5.1 baths; 4273 sq. ft + 1485 SF in LL.

90 INDIAN HILL TRAIL

Glastonbury $269,900
Open floor plan/spacious layout. Great room with cozy fireplace. Large master bedroom w/ bath. 4 beds; 3 baths; 1630 sq. ft.

286 COLDBROOK ROAD

Glastonbury $579,900
Beautifully maintained home in like new condition in a private country setting. Over 3 Acres!!! 5 best; 3.1 baths; 3492 sq. ft.

320 KINNE ROAD

Glastonbury $799,900
Expansive Elkins model home in very popular neighborhood of Toll homes. 2nd floor master suite. 5 beds; 5.1 baths; 5229 sq. ft.

276 HOLLISTER WAY

Glastonbury $139,000
Best value in Meadow Hill, active adult community. 2 beds; 2 baths; 1042 sq. ft. Also listed for Rent, see G10094386.

28 FAWN RUN

Glastonbury $750,900
Dramatic home located in a quiet cul de sac community. Extensively remodeled. 4 beds; 4.1 baths; 5076 sq. ft.

203 SHODDY MILL ROAD

Glastonbury $429,000
Perfectly remodeled on private neighborhood lot! Kitchen w/stainless appliances & granite counters. 4 beds; 3.1 baths; 3290 sq. ft.

550 MAIN STREET

Glastonbury $574,900
Architect designed; 10 plus private acres! Also listed w/adjacent lot for $749,900 – possible subdivide. 4 beds; 2.1 baths; 2578 sq. ft.

309 ADDISON ROAD

Glastonbury $262,900
Newly remodeled stainless & granite kitchen; formal living room with fireplace; 4 season porch. 4 beds; 1.1 baths; 1967 sq. ft.

177 KNOB HILL ROAD

Glastonbury $425,000
Kitchen w new stainless appliances opens to Family room with pellet stove. First master suite. 4 Beds; 2.1 Baths; 2245 sq. ft.

45 GREENSWOOD PLACE

Glastonbury $1,500,000
Spectacular estate home in S Glastonbury on cul-de-sac. Five en-suite bedrooms & more! 5 Beds; 6.3 Baths; 10,212 sq. ft. (incl. rec. bldg.)

465 OLD SLOCUM ROAD

Hebron $475,000
Horse enthusiasts take notice! Lovely ranch home on over 4 acres of land with beautiful 11 stall horse stable! 4 BR, 3 BA, 1608 SF.

262 WINDSORVILLE ROAD

Ellington $629,900
Wonderful architectural details. 900 additional square feet in finished lower level w/walk out. 4 beds; 3.2 baths; 4205 sq. ft.

235 WEST ROAD

Marlborough $224,900
Spacious rooms with great versatility. Finished walk out lower level; in ground pool. 3 beds; 2.1 baths; 1451 sq. ft.

LOT 25 MENLO PLACE

Glastonbury $519,900
Stainless, granite, hardwood floors, tile baths & laundry. Bonus room on 2nd floor. 55+ community!! 3 beds; 2.1 baths; 1944 sq. ft.

ADENA'S WALK DEVELOPMENT

Glastonbury $446,000
#18 Tarragon Model with the most contemporary feel of all our models. 3 beds; 2.1 baths; 2266 sq. ft. Additional Units available. 55+

LOTS & LAND

Glastonbury $649,999 S 3 Ash Swamp Rd., 36.2 acres
Glastonbury $299,900 121 Chamberlain Ln., 2.53 acres
Glastonbury $239,000 125 Chamberlain Ln., 2.56 acres

WILLIAM RAVEIS
REAL ESTATE • MORTGAGE • INSURANCE
The Largest Family-Owned Real Estate Company in the Northeast

glastonbury LIFE

January 2016
Read online: TurleyCT.com

540 Hopmeadow Street
Simsbury, CT 06070
t 860-651-4700
TurleyCT.com

QUOTE OF NOTE:

"Then I had all the room in the world . . . and then this happened." - *Sharon Ambrose, motioning toward her room-sized dollhouse village.*

See story page 40

ON THE COVER

Local artist Ken Dorros has captured the beauty of winter at Horton Farm in South Glastonbury.

Courtesy Photo
See story page 4

4 Jean Dalton's art
13 LIFE in the kitchen
18 Taking back Main Street
22 A treasure-trove of history
24 People notes
38 Slice of LIFE
44 News Roundup
46 Events Spotlight
47 January calendar
48 Business notes
50 Enjoying music together
53 Student of the month
61 Note from Nancy

Worth the Ride!

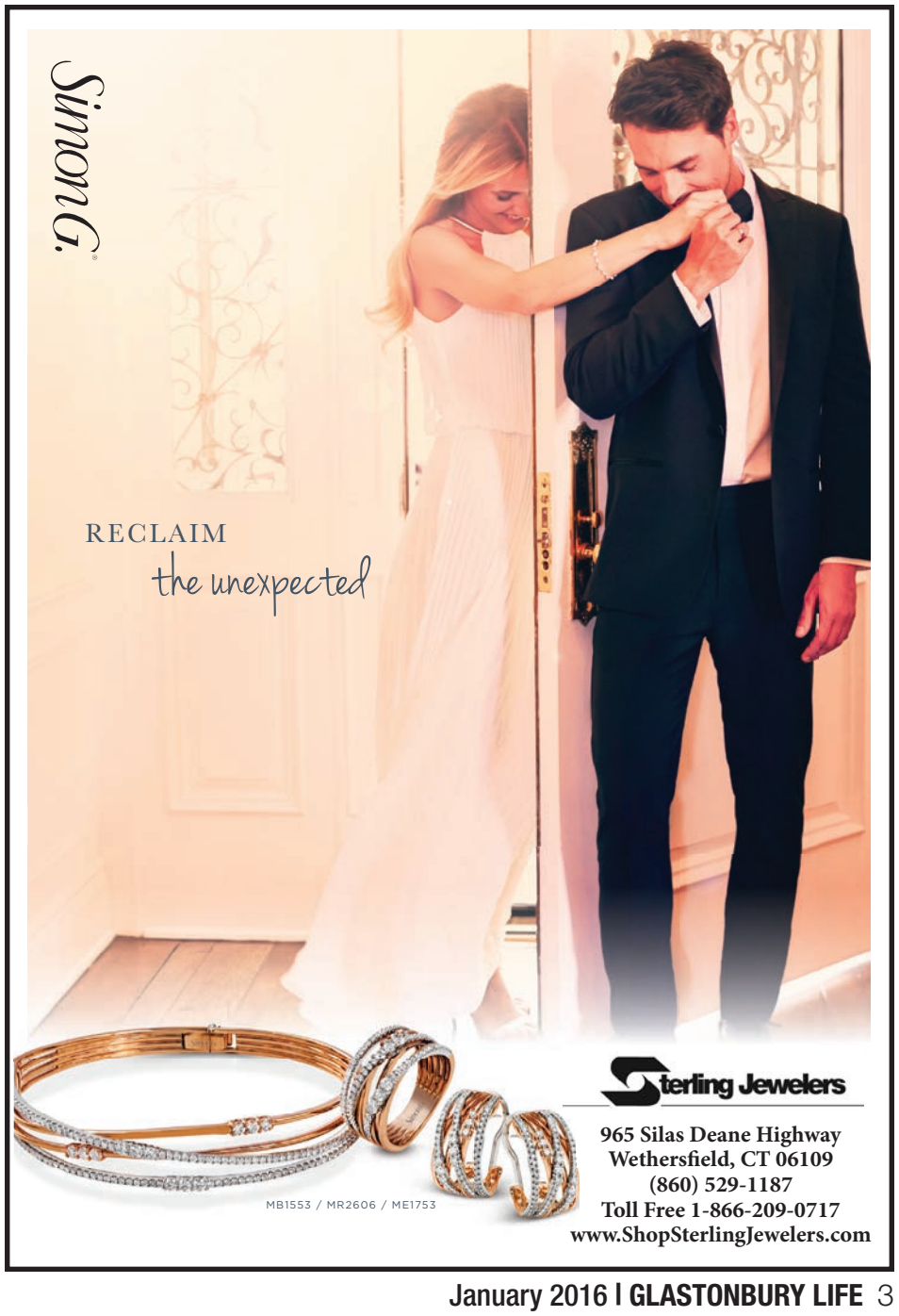
Visit our beautiful showrooms in Ellington filled with custom furniture, gifts and home decor.

dining | bedroom | upholstery | home office | entertainment

KLOTER FARMS
Handcrafted for your home & yard.

Shop Online **KloterFarms.com**
860-871-1048
216 West Road, Ellington, CT

FREE DELIVERY **in CT, MA, RI**
$1500 min. purchase. Extra charge for Cape Cod.



Sterling Jewelers
965 Silas Deane Highway
Wethersfield, CT 06109
(860) 529-1187
Toll Free 1-866-209-0717
www.ShopSterlingJewelers.com

Photo by Mara Dresner

Jean Dalton's art career has included watercolors, pastels, sculpture, oils, collage and acrylics.

'Paintings give me joy'

Artist has long, varied career

by Mara Dresner
Staff Writer

Like many artists, there are signs of Jean Dalton's career throughout her home. However, while many artists choose to specialize in one medium, Dalton has worked in many, including oils, acrylics, pastels, collage, charcoal and sculpture.

"I believe in not containing myself. I'm curious about everything," she said. "Picasso did advertisements; he did banners; he did posters. It was not only paintings. If an artist wants to work in just the color red or blue, that's fine. If they just want to work in doing just still lifes or paint interiors only, that's fine. I think if an artist is flexible enough and they explore things, they never know what's going to happen."

Dalton said that she was always artistic as a child growing up in New Jersey.

"I think my early teachers were very instrumental in encouraging me. When a child is encouraged, they fly. My family was not into the arts; it was just myself," she said.

While she studied at the Pratt Institute in New York, where she'd received a scholarship, she noted that an artist learns by doing.

"I still believe that art is really a self-education. They can teach you how to apply paints how to compose a work but the aesthetic values that are intrinsic in every creative thing you do is part of yourself and people can't really teach that. Over time it comes out," said Dalton, who also studied at the Newark School of Fine and Industrial Art in New Jersey, the Art Students League in New York and in independent study in Paris, France.

Her early work included sculpture, including pieces in mahogany, clay and concrete.

"Sculpture is very important when you become an artist because you learn the volume. You learn the shapes and it's a tactile situation. Whether it's pottery or sculpture, it adds to your painting," she said. "When I was working with sculpture, I thought it was wonderful. When I realized it was too heavy for me, I thought, 'I can't have a studio with pulleys. I can't have assistants.' Little by little I went into painting."

Today, much of her work is in acrylics, oils, collage and pastel.

"Pastel is very important to me," said Dalton, who has been featured several times in "The Pastel Journal," a national magazine.

"When I work, I never plan anything. I put color on [the canvas], and I look at it and something happens. Maybe it becomes a delightful piece or maybe it needs a lot of work. Often it needs a lot of work. The beginning is simple. What happens after takes a lot of patience," she said.

"I like working with acrylics because they dry fast and the clean-up is very easy. If I'm working with pastel, you need more thought before you start. You do have to plan there," she noted. "Pastels I enjoy because I enjoy the tactile qualities. I like to show people this is a pastel done by a human hand. It's not photo realist. I like to see the human hand go over the painting. That's why most of my work are more impressionistic, expressionistic."

As with her techniques, Dalton's subject matter runs from abstracts to figures to landscapes. She creates in a studio in the basement of her home, where dozens of prize ribbons hang along the staircase. Her awards include Best in Show from the Portland, Maine Art Festival and Gallery 53 Juried Exhibition, as well as awards from the Connecticut Academy of Fine Art, the Essex Art Association, Connecticut Watercolor Society, Connecticut Pastel Society, Glastonbury Art Festival and Ogunquit Maine Art Festival.

Despite her many successes, she said that rejection is part of the business.

"All artists have been rejected," she said. "There's a lot of rejection in the arts. I have been a juror at shows. You have to pick and choose what goes in the shows. It doesn't mean the ones haven't been chosen are bad."

One side of her studio is set up for framing; she uses a ping pong table as a work surface. A rack of completed pieces is along one wall, while works-in-progress are in another area.

Dalton, who works most days on her art, always paints using a mirror.

"The reason why I work with a mirror behind me is that I can see whatever I'm working with in reverse, and that tells me where to go next, how to improve a shape, how to correct a passage and how to go on," she explained. "When I work on an abstract, in addition to looking at things in reverse, the painting is rotated so when I rotate it, it becomes a different painting. Before I decide which is the top or the bottom, this is the ritual I go through."

Dalton's works are in many private collections, as well as in a number of public collections. She's had several solo shows, including at the Jorgenson Gallery at the University of Connecticut in Storrs, The Slater Memorial Museum in Norwich and at the Arts Center of Tolland. She's frequently accepted into juried group exhibitions and has had her work shown in festivals in Connecticut, New York, New Jersey, Pennsylvania, Delaware, Rhode Island, Massachusetts, Maine and New Hampshire.

"She's a very competent artist and very dedicated. I think she's

New Year...New Home?

JULIA ROSNER

#1 Glastonbury Coldwell Banker Realtor

860-508-3636 • Julia.Rosner@cbmoves.com

South Glastonbury $1,775,000

Glastonbury $2,075,000

South Glastonbury $599,900

South Glastonbury $565,000

South Glastonbury $579,900

Glastonbury $241,900

Marlborough $517,900

South Glastonbury $662,500

Glastonbury $279,900

South Glastonbury $660,000

Columbia $299,900

Glastonbury $249,900

South Glastonbury $299,900

Cromwell $535,000

Glastonbury $409,900

South Glastonbury $449,000

Farmington $419,000

Glastonbury $684,900

East Hampton $275,000

Glastonbury $298,900

Bolton $429,900

Glastonbury $2500

East Hampton $135,900

Glastonbury $349,900

South Glastonbury $299,900

Glastonbury $179,900

West Hartford $282,900

Manchester $174,900

Glastonbury $399,900

Glastonbury $549,900

Glastonbury $239,900

Glastonbury $444,900

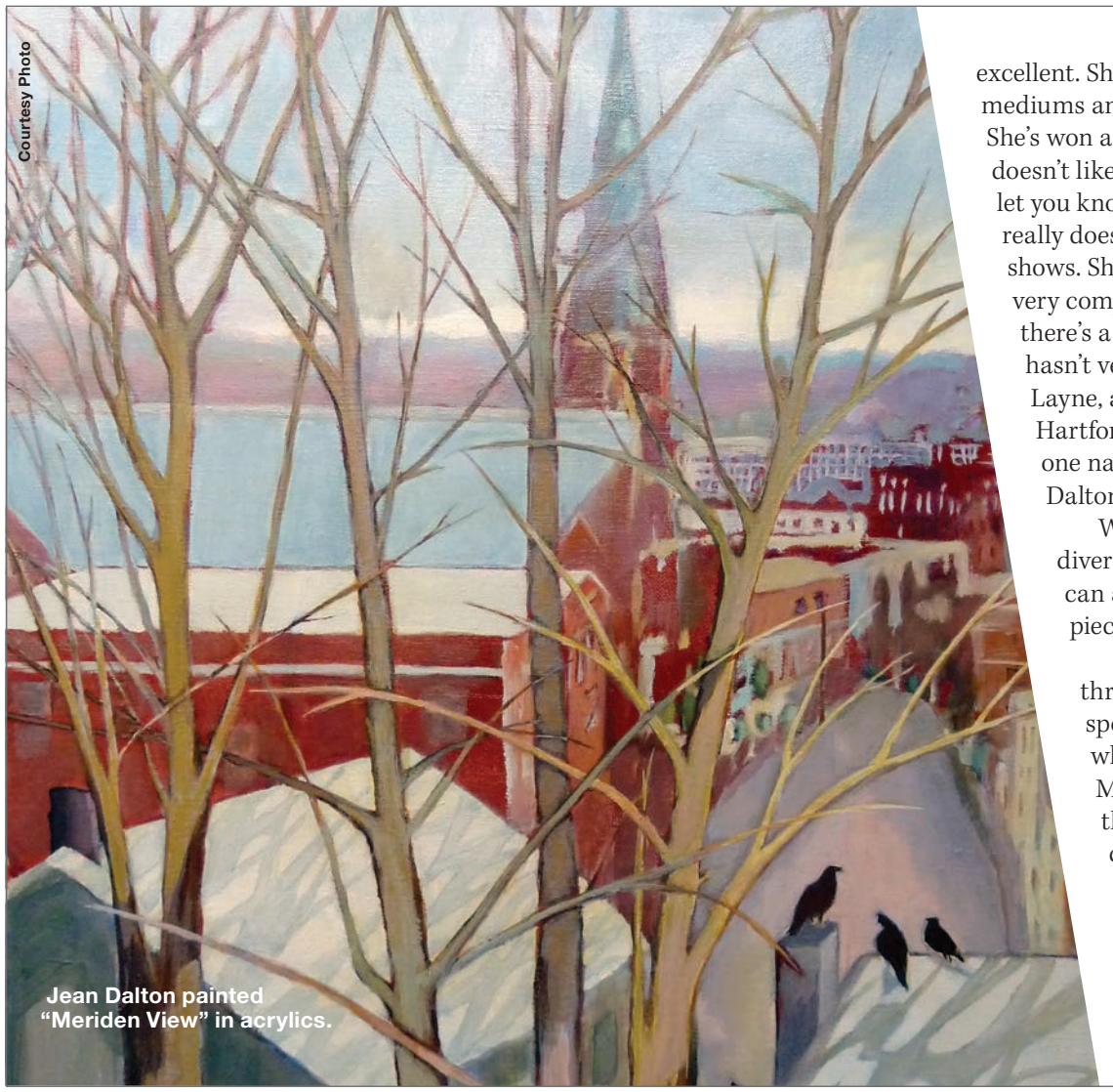
South Glastonbury $375,000

Glastonbury $249,900

Glastonbury $549,900

COLDWELL BANKER RESIDENTIAL BROKERAGE

*Closed transactions 2015. Julia Rosner represented either seller, buyer or both.


Courtesy Photo

Jean Dalton painted "Meriden View" in acrylics.

excellent. She works in a lot of mediums and she excels in most. She's won a ton of prizes. She doesn't like to brag, so she doesn't let you know all the time. She really does pretty well in juried shows. She's very prolific and very competent. I don't think there's a medium that she hasn't ventured into," said Layne, an artist from East Hartford, who is known by one name and has known Dalton since the 1960s.

While her work is diverse, Layne said that she can always recognize a piece of Dalton's.

"A handwriting comes through and I can always spot her work no matter what. It's kind of like Matisse or Picasso; there's a recognizable quality," said Layne, who described Dalton's work as "lyrical."

"She's extremely capable and she likes to experiment," she added.

Dalton said that sometimes she knows a piece needs work without knowing exactly what it requires.

"I have a small abstract on the table. I know I have to work on it. It was an empty piece and I know it needed work so I started painting colors onto it, and it got to a point where I knew it had to stop. It was getting too complicated. I couldn't do it at that time and I knew I had to get away from it," she said. She was later able to return to the piece and complete it.

Although in earlier days, she might have painted to music, she now needs quiet to work.

"I have to have silence. I have to become absorbed. I absolutely do not realize how time flies when I'm painting," Dalton said. "If I accidentally go downstairs and I take something [out], I start working on it and before I know it, I have to rush upstairs and get dinner on the table because I completely lose myself. It absolutely takes all my concentration."

With all her accomplishments, she said that she is still growing as

'Tis The Season To Look Stunning

CT'S PREMIER BODY SCULPTING CENTER

MODEL

Dr. Robert Langdon can refresh your look and remove years from your appearance with the minimal incision ExpresS-Lift facelift. Call today or visit us online to learn how the Langdon Center can help you take back years!

$500 OFF ExpresS-Lift

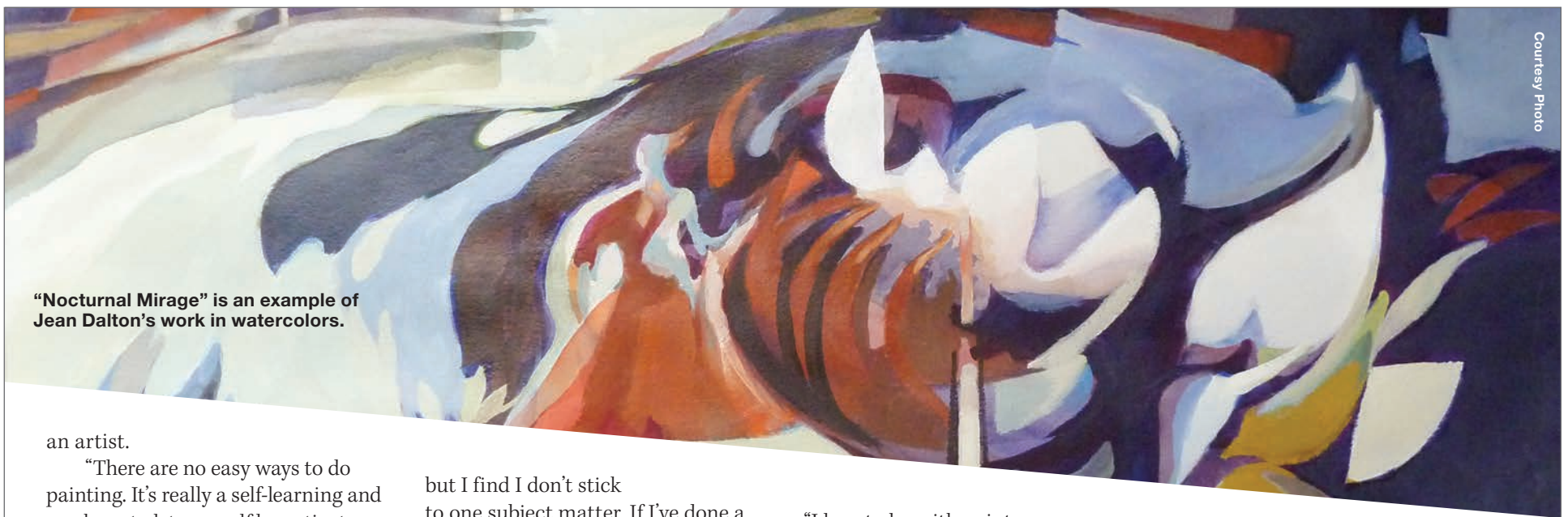
Unretouched ExpresS-Lift patient photos

AMERICAN BOARD OF COSMETIC SURGERY

ACCREDITATION ASSOCIATION for AMBULATORY HEALTH CARE INC.

Special promotion valid through 12.31.15, and may not be combined. Must mention this ad to receive special. Individual results vary. Other restrictions may apply.

844.550.7826 / THE LANGDON CENTER LangdonCenter.com Guilford



Courtesy Photo

"Nocturnal Mirage" is an example of Jean Dalton's work in watercolors.

an artist.

"There are no easy ways to do painting. It's really a self-learning and you have to let yourself be patient with yourself. You can't let yourself be too hard on yourself. I'm still learning. I've done this all my life, and I'm still clutching at straws and still trying to learn things," she said.

She finds herself inspired by almost everything and will paint "anything that grabs my imagination. I do not restrict subject matter. If it stirs my imagination, I will go at it. I paint in many mediums and I love different subject matters, but I find I don't stick to one subject matter. If I've done a floral, I'll do something else. But I appreciate people who do one subject matter, that's wonderful. If they just want to do figures, that's wonderful. If I'm interested in something, I'll go ahead and paint it," said Dalton, who can find inspiration in places as diverse as the theater and the supermarket. "I've been influenced in one or way or another by everything."

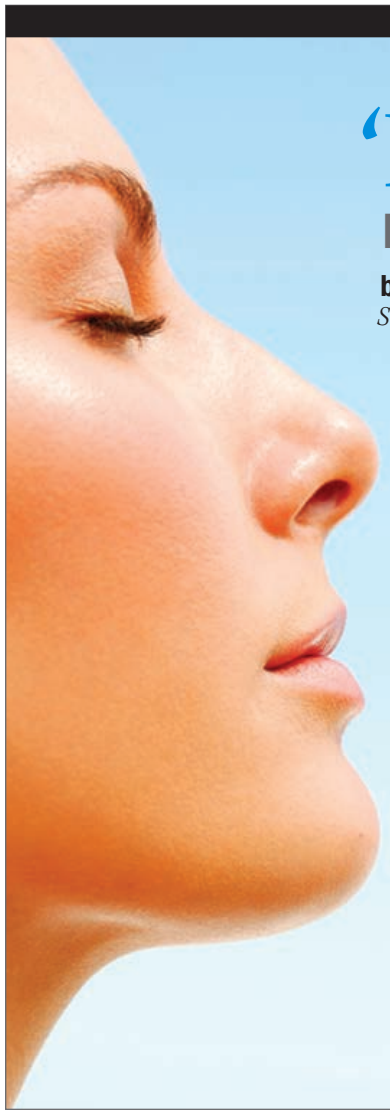
She also greatly enjoys being around art. "I love to be with paintings," she said and is a charter member the Maple and Main Gallery of Fine Art in Chester, where she is co-chair of the hanging committee. "We deal with hundreds of works [by] members of the gallery. We're in charge of hanging all this work. I love being with paintings; paintings give me joy."

And when she puts brush to canvas, it's still an exciting experience for her. "I always looks forward to creating," Dalton said. "I never know what's going to come out." **GL**

Jean Dalton will be part of the Connecticut Pastel Society 2015 Renaissance in Pastels National Juried Exhibition at the UConn Stamford Art Gallery through December 12. Visit ctpastelsociety.com for details. Contact Dalton at jeandaltonart@att.net.

Fred Astaire Dance Studio
of Glastonbury
Holiday Special
8 Class Package
for $159.99
860-657-9186
2928 Main St Glastonbury CT 06033 - Fadsglastonbury.com
For new students only. One offer per new customer. Can not be combined with any other offers.
Introductory offers starting as low as
$39.99
FRED ASTAIRE
FRANCHISED DANCE STUDIOS
No Partner Necessary

ART with KaReN
Painting events for all ages & occasions
Canvases & painting supplies provided
You provide your favorite beverages & snacks
$25 PER PERSON
Your event can be held at
ART with KaReN
in Glastonbury or we can come to you!
Contact us today and come experience fun & success in creating your own masterpiece!
203.645.2144
www.artwithkaren.com



‘Everyone needs a little naughty’

Natalie Griffin wants to remove mystique from shamanic healing

by Mara Dresner
Staff Writer

Natalie Griffin has always been a dreamer.

“From time I was small, I had very vivid dreams. Some of them had things that happened in the future. Some of them were very symbolic. Often, there were teacher-master figures in them. Some of them led me to be very curious why weren’t other people having dreams like this,” she said. “I had a dream when I was in college of an African-American woman who turned into a crow. Three months later on a Shoshoni reservation, I met her, Shaman Standing Crow.”

Despite these early mystical experiences, Griffin pursued a business career.

“Even when I was as young as in high school, I fell in love with leadership teaching. I was the youngest person in leadership camp; what a geek! Everyone else going to sports camp,” she said with a laugh.

She ended up working at a ropes facility, eventually transitioning into the company’s corporate environment.

“Overnight, I traded in my hiking boots for high heels,” she said of her decision to work as an organizational development consultant. “I helped leaders put together their teams and train their teams. That’s what I did for a long time.”

She worked as director of executive development for a Fortune 100 company. Griffin, who was born in Maryland and grew up in Ohio, was speaking at a conference in Colorado about leadership traps, which led to her being published in the Harvard Business Review.

“I finally had courage to start my own business,” said Griffin.

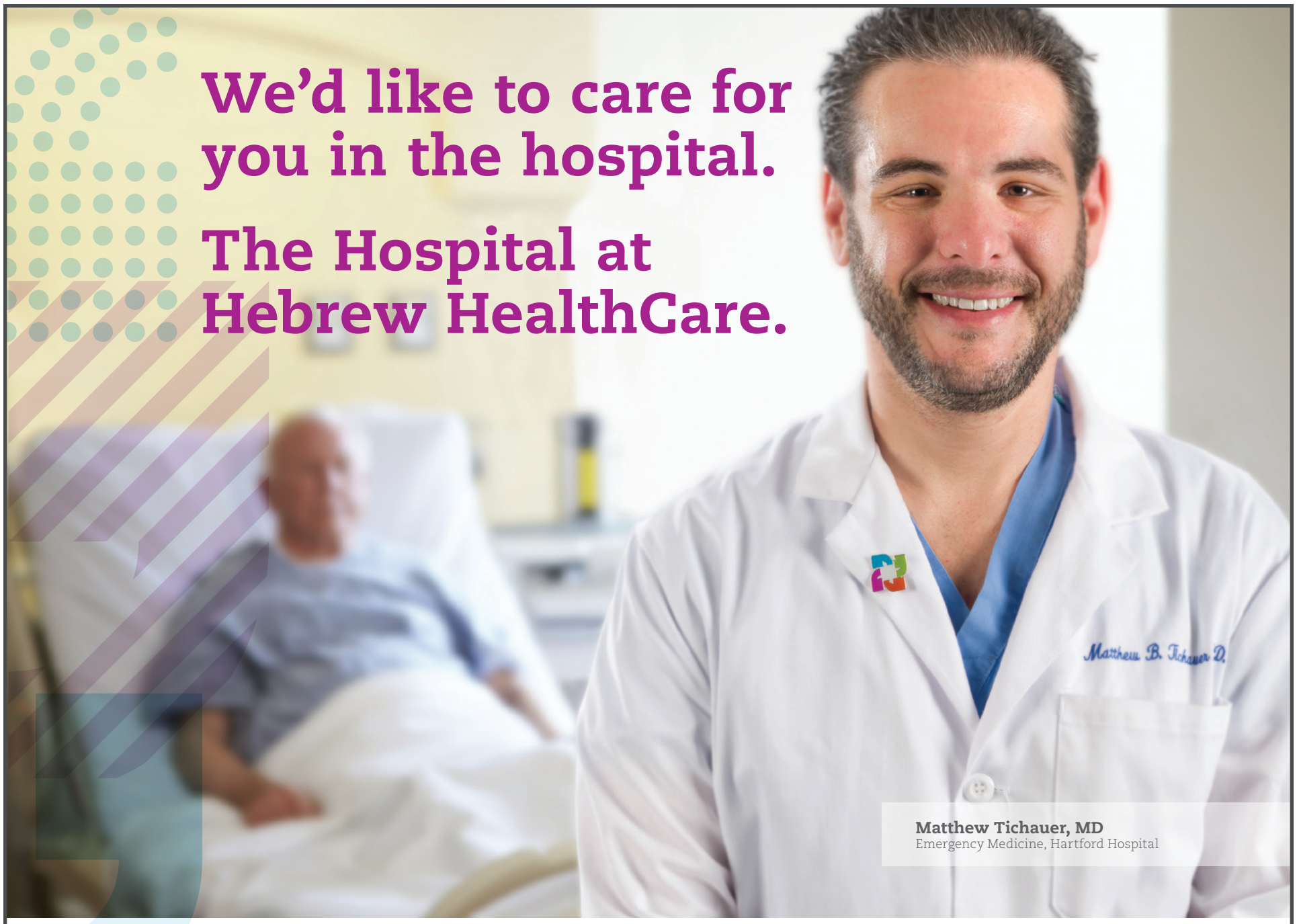
“I had some great clients,” she said. “I had a sexy cool office. I had all these wonderful clients. Then, I got pregnant and I wanted to start a family, and I still had this business. My dad died when I was in 20s, and my mom got really sick, gravely ill, in that same time period,” she said. “I had two small children to care for and my mom and a business. It was really the most intense time of my life. I was just a severed head. I had no connection to my body,

Read all our publications online at www.TurleyCT.com

Happy Holidays to ALL our Past and Present Families!
We are Grateful for Your Trust and We Cherish the time with your Children
Celebrating 25 successful years!
We want your Family’s Business!
Make the Switch to OCP!
FREE WEEK
with this AD expires 1/31/16
Family Affordable WEEKLY RATES!
INFANTS $275
TODDLERS $270
PRE-SCHOOL $185-200
*SCHOOL AGE $100-125
SUMMER $185
Huge Family Discounts Available
Call Today!
(860) 659-4766
jneildowner@aol.com
INFANTS • TODDLERS • PRESCHOOL
INFANT OPENINGS NOW!
SCHOOL AGE BUS to/from HOPEWELL SCHOOL
Our Children’s Place
Glastonbury’s Finest Learning Center for Children
www.OurChildrensPlaceChildCare.com
30 Quarry Road, Glastonbury (off Route 2 Exit 10 or Route 83 Manchester)

We'd like to care for you in the hospital.

The Hospital at Hebrew HealthCare.



Matthew Tichauer, MD
Emergency Medicine, Hartford Hospital

Hartford Hospital and The Hospital at Hebrew HealthCare have formed a special partnership to help ensure that seniors receive the best care in the best setting. That's why doctors in the Hartford Hospital Emergency Room may recommend that you or your loved one be admitted to The Hospital at Hebrew HealthCare.

The Hospital at Hebrew HealthCare has experts who specialize in geriatrics – care of the elderly, as well as many of the common conditions that cause older people to need hospitalization. The Hospital at Hebrew HealthCare is designed with the elderly in mind. And Hartford Hospital doctors are important members of the Hebrew Hospital team, which works together to help patients to recover as quickly and completely as possible.

Hartford Hospital
Connect to healthier.™

Hebrew HealthCare
A Hartford HealthCare Clinical Partner

For more information, call or visit us online
860.218.2323 | www.hebrewhealthcare.org

Photo by Mara Dresner

Natalie Griffin, founder of Naughty Shaman, poses in front of one of the many paintings in the space by United Kingdom artist Gabriel Tamaya.

no connection to my feelings. I was angry all the time at everyone, at everything. I had no idea how or permission to care for myself because everyone else was a higher priority for me. At that same time, we decided to move to Connecticut."

In 2008, Griffin sold her business and moved with her family, including her mother, to Connecticut.

"In four months, I found myself having sold my business, I sold my house, and moved my mother.
My mother died two weeks after we moved here, and I had a five-week-old baby, and it was hell, and I went into a really deep depression, and it was the middle of January and that year was a blizzard. I called my executive coach, and said 'Everyone's an asshole. I just want to die.' Even my children didn't make me happy," she recalled. "She said, 'You need to heal. You need to do something different in your life.' That's when I started to study yoga and shamanism; for me, they go hand in hand. I discovered the yearnings in my soul were important, and if I were to help anyone else, I needed to take care of myself like a rock star, and then I could take care of everyone else."

She started with yoga at a studio in Manchester that was close to her house.

"I fell in love with the teacher. I felt that yoga gave me back my body and really is vessel for my soul," she said.

She next spent time at Kripalu Center for Yoga & Health, where she studied Shamanism with Alberto Villoldo, a psychologist and medical anthropologist.

"The first Shaman class was six days long. I had to leave my one-year-old and my three-year-old. I wrestled with what kind of mom does this. I did have a lot of mom guilt," Griffin said. "There was something in my soul. It was like in the movie 'The Matrix.' I knew I could not go back to be the way I had been. It was a disaster; my life was
a mess. I had to change myself from the inside out. My husband was great; he took care of things."

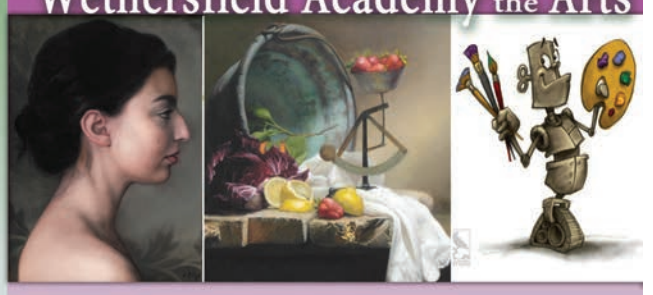
She end up traveling with Villoldo as his assistant and teaching at his The Four Winds Society.

She said that family and friends came "out of the woodwork" to help.

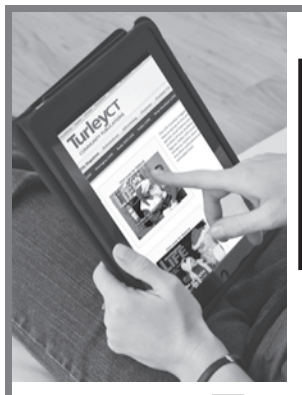
"The universe really does conspire to support you in your truth. You just have to be brave enough to figure out what it is," she said. "The evolution of Natalie has been a series of deaths and rebirths, so many deaths and rebirths. The first one to die was the corporate maniacal, angry woman. What emerged was a very vulnerable, squishy Natalie who had no sense of who she was. After that was learned, then she had to die. I was no longer that soft.

CONNECTICUT ACADEMY OF IRISH MUSIC
Group instruction for children and adults on traditional instruments (fiddle, whistle, flute, bodhran, uilleann pipes, mandolin, accordion, banjo, guitar) singing, and Irish language.
ctirishmusic.com
info@ctirishmusic.com 860-810-4852
@ Wethersfield Academy for the Arts

Wethersfield Academy for the Arts



Art Classes & Workshops for All Levels & Ages,
Figure Drawing, Portrait, Still Life, Landscape,
Sculpture, Animation & Art Lectures
wethersfieldarts.org
info@wethersfieldarts.org 860-436-9857
431 Hartford Avenue, Wethersfield, CT



READ LIFE ONLINE AT
www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS

When I became vulnerable and squishy, I threw out the corporate. I was just going to be a hippie yogi. When I had to kill off the soft, squishy part, I realized I have these great skills with what my soul now contains. It's a fantastic combination. I decided to embrace both parts of my life."

She began teaching yoga bringing in the Shamanic background, including teaching at Fuller Yoga.

"I hadn't seen yoga before that combine the teachings," she said. "I love teaching. That was always my passion. I love leadership."

Now, Griffin has opened the Naughty Shaman Center for Shamanic Arts, which includes her Dharma School.

"It was really natural to create a school to help people understand a different approach to life, to be in balance, to not be ashamed of their power, to not be ashamed of their body, their mind, their soul," she explained. "The Dharma School was the first thing I created. It was originally to help people self-heal, to heal their souls. Level number two is to figure out how to be of service. It's about working with others, about giving back. [The classes] became so popular, we needed a place to do it. We needed our own place where we can just do shaman stuff."

There are 11 practitioners at Naughty Shaman, all of whom are graduates of Dharma School. Griffin also offers classes in Peru and Chile. In addition to classes, the practice offers coaching, massage, tarot readings and other services.

"Everything we do at the center has a shamanic element," she said.

Still, Griffin is down-to-earth in her approach.

"There's definitely a mystical element. I define a shaman as a person who walks with power and freedom to be of service in the world. That's a really broad definition. You don't have to be waving a rattle or wearing a feather. You don't need to open chakras. We do that but you don't have to do that. I want shamanism to be accessible. You don't have to be born in it. I'm a blond girl from Ohio; how did that happen? I want to boil it down to practical elements. Everything else is beautiful and amazing," she said.

"The body is born to age and then die; that's what the body does. The journey of the soul is much longer. That's what the ancient teachings bring to Western medicine."

–Natalie Griffin

She wants to help her clients achieve optimal health.

"All shamans believe that physical illness comes because our energy bodies are out of balance with nature. The more in alignment we are with a more natural state, the rising and setting of the sun, the foods that we eat, the greater physical health we can experience," she said. "The body knows how to heal itself. The body remembers balance. When we're up late, when we're anxious, when we have physical pain, this is the body's way of saying something's out of whack, pay attention to me. We would never say don't [use] medication. They also need soul alignment. Working with Western medicine's brilliance and working with this, optimal health is available to everyone. You could have cancer and still experience optimum health; that's the soul alignment part of it.

"The body is born to age and then die; that's what the body does. The journey of the soul is much longer. That's what the ancient

Award Winner in the 2014 New England Newspaper & Press Association Competition

LIFE

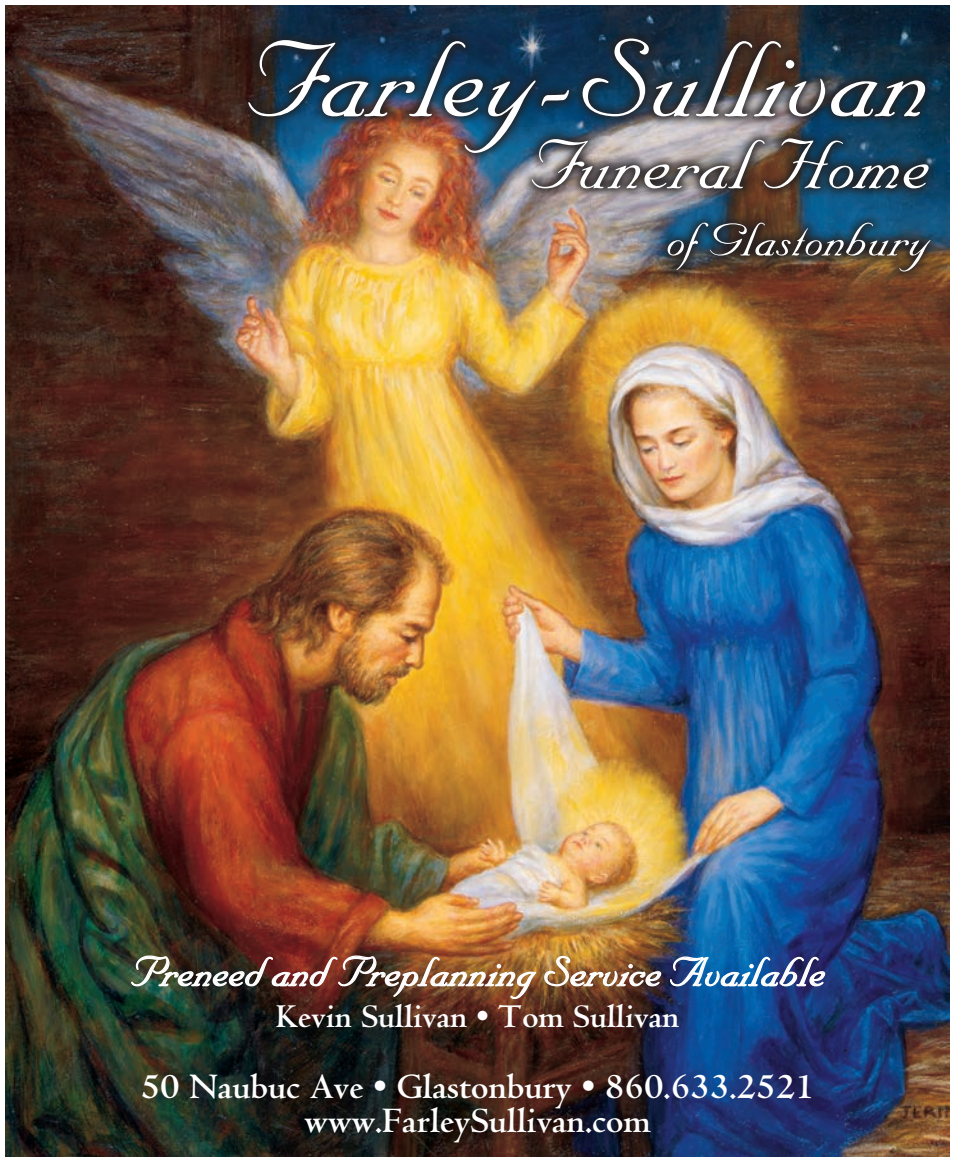
Valley
West Hartford
Glastonbury
Wethersfield
Rocky Hill
Newington

We are pleased to announce that our publications were award winners in the **2014 New England Newspaper & Press Association Competition** in the following categories:

- *Overall Design and Presentation*
- *Advertising Campaign*
- *Local Display Ads*
- *Special Section or Supplement (Editorial)*
- *Human Interest Feature Story*
- *Personality Profile*
- *Special Section or Supplement (Editorial)*

To Advertise

860.651.4700 • www.TurleyCT.com



15 YEAR ANNIVERSARY
ADRIATIK'S
FAMILY RESTAURANT & PIZZERIA
With Mediterranean Cuisine
The Glastonbury Book TOP Restaurants 2015
Adriatik's Family Restaurant and Pizzeria
CATERING FOR ANY OCCASION
BRING YOUR OWN WINE!
$10 OFF
FOR EVERY $50 GIFT CARD PURCHASED
Happy Holidays
to your family from ours!
860.633.0599
30 Welles Street, Station 35, Glastonbury

STEVE'S PLACE
Since 1969
GRINDERS • PASTA • SALAD • GRILLE
"Some of Our Best Grinders & Sandwiches have nothing to do with Coldcuts!"
Let us prepare our delicious, fresh food for your
Holiday Gathering!
Steve's Place Restaurant & Deli
84 Market Square
Newington
860.666.5975
366 Cromwell Ave.
Rocky Hill
860.721.8545

teachings bring to Western medicine," she added.

Naughty Shaman opened in September, with a grand opening celebration in November.

There are drop-in sessions, including weekly fire ceremonies on Tuesday nights and Sunday centering.

"It's meditation and inspiration, just to get a focal point for the week coming ahead, so you can determine the type of person you'd like to be in the week ahead," she said.

Frank Magistri has taken several courses with Griffin.

"I connected with Natalie through Fuller Yoga. She teaches yoga at Fuller and I took her Intro to Shamanism Workshop and her Dharma School I at Fuller Yoga," said Magistri, a musician and sales professional who lives in Glastonbury and who also has had healing sessions with Griffin and Tarot readings with Kelly Smith.

"'Balance comes from listening to the guidance and wisdom of the inner voice' is a favorite quote of mine by Deborah Adele. My work with Natalie has helped me to listen better to my inner voice. It has also got me playing my guitar and singing after many years away from two activities that light up my soul. I'm also much more aware of the beautiful natural world around me and the awesome world within me. It has been an awesome journey, and it continues," said Magistri who plans to continue his connection to Naughty Shaman. "I wouldn't want to miss any part of this wild adventure"

Griffin said that the name "Naughty Shaman" has a two-fold meaning.

"Shamans use this stuff called Florida water. It is alcohol infused with herbal essences. We use it in sacred ceremonies as an offering," said Griffin, who once asked, "How much would you have to drink to catch a buzz?" Someone replied, "You're so naughty," and the response stuck with her.

The second meaning goes a little deeper.

"I was such a good girl. I thought that if I was pretty, that if I was smart, that if I was capable, that if they thought I was good enough that someone would love me. That's what killed off part of my soul, the passionate part of me I would hide. In shamanism I had to face that part, the naughty woman. You have some gifts for me: a lot of power, a lot of passion a lot of compassion. I had to embrace the parts I thought were bad," she said. "I had to be disobedient to the dominant culture. I love that definition of naughty. Our dominant culture is to be afraid – of food, of strangers who look different. You need to be afraid so I can sell you more stuff. I like being different; I like believing I'm safe, believing I can have what I want. It's about finding the beat of your own drum, about walking without judgement. There's power and freedom in that. In fact, it's the only place where there is that. Everyone needs a little naughty, needs to be a little disobedient, to follow their rules a little more."

In January she'll be launching six Foundational Shamanic Workshops designed to help participants learn self-healing practices and the history of shamans. The workshops run for four weeks and feature topics such as earth medicine, plant essences and dreams. She is also leading a workshop in Peru in January called "Courageous Creator."

Griffin hopes to remove some of the mystery of shamanism.

"Shamanic practices are useful for everyone. It is no longer a fringe experience where you have to endure a difficult initiation process in a mountain or in the jungle. We want to mainstream shamanic practices because a simple change in perspective, challenging a long held belief or finally releasing the patterns of your ancestors can create hope and brand-new possibilities [in your] your life," she said. "Everyone came to the planet for two things. We came to share with one other and we came to experience. That's what we all need to figure out, what is it we came to experience and what is it we came to share. When we figure that out, we experience peace and purpose and passion. At the bottom of it all, at Naughty Shaman, we're here to help people figure out their truth. And to really enjoy who they are and to share what they have. We believe by doing that, we'll change the world." **GL**

Learn more at naughtyshaman.com.

Nancy Thompson photo

LIFE *in the kitchen*

with Derek Mitera

by Nancy Thompson
Editor

Derek Mitera is passionate about food. Many chefs are, but his passion dates back to his early teens, when he had a job shaving meat in a grinder shop in Hartford's Little Italy.

Mitera, a regional chef at Plan B restaurants who often can be found in the kitchen at the local Plan B, grew up in an Italian-American family and knew while he was still in high school that he wanted a career in the food industry.

He recalled his time in that grinder shop.

"I wanted to know why we were so busy. I wanted to know how we did it," the Glastonbury resident said. "The owner sent me to the

Getting Married?

Let us know!

LIFE is interested in publishing engagement and wedding announcements.
Send them to LIFE Editor
at 540 Hopmeadow Street,
Simsbury, CT 06070
or e-mail aalbair@turleyct.com.
There is no charge.

DROP 2 pant sizes like Donna!

CLIENT OF THE WEEK
Donna

Start the New Year in the right direction!
As low as $39/week
For a personalized nutritionist plan!

Lose weight this holiday season!

POP WEIGHT LOSS™
personal one-on-one program

Call now for 50% OFF consultation fee
Expires 12/31/15

Old Saybrook - Glastonbury (860)339-5461

10 questions for Derek Mitera

1. What's your "secret weapon" ingredient? *Love. I like to put love in my food.*

2. What's your least favorite food? *Tofu.*

3. What is the one cooking technique everyone should know how to do? *Grill a protein, steak and such.*

4. If you could take any celebrity chef out to dinner, who would it be and where would you take them? *Anthony Bourdain. I'd take him here. I'd want him to taste my food.*

5. What is your favorite cookbook of all time? *The Joy of Cooking.*

6. If you weren't a chef, what profession would you be? *I'd like to be in sports broadcasting.*

7. What spice or herb best describes your personality? *Thyme. You have to have a passion to use it. It's time-consuming and takes dedication to get the product out.*

8. What's your "go to" staple/recipe/dish? I like to cook seasonally. *Right now it's a squash soup.*

9. What do you like to cook when having guests to your home? *Chicken parmesan.*

10. It's your last meal on earth. What's on your plate? *Steak and potatoes.*

back to a little old Italian lady who spoke no English. I just watcher her."

Despite the language barrier, Mitera understood what she was doing and learned a lot about cooking simply by watching her.

The owners sold the shop and after a while, Mitera decided it was time to leave.

"There was a different feeling," he said. "I felt I had learned all I could, so I left and decided to take the next step and get a job in corporate America."

He started working at Chili's on the Berlin Turnpike, where he learned about taking temperatures of food and keeping track of what supplies come in. "It was cultural shock," he said. Despite that, the passion that started in the little grinder shop grew.

"It wasn't just a fun job anymore," he said. "I realized I could make a career out of it."

He left Chili's and moved around, working in several restaurants. "I did my tour in corporate America," he said with a smile.

He was working at the 99 restaurant on the Berlin Turnpike when he got a call about a new opportunity and learned that Plan B, which at that point had a restaurant only in West Hartford, was looking to open a restaurant in Simsbury. He interviewed and was hired in 2007.

It turned out to be a good fit.

"Plan B has a commitment to fresh food, using local farms and community involvement, all the things that were important to me, all the values I felt personally," he said.

Mitera was part of the team that opened the Simsbury restaurant and became its head chef. Two years later, he helped open the Glastonbury restaurant, the company's third, and became head chef there.

As well as cooking, he was in charge of overseeing the staff, maintaining food quality and determining the cost of goods. When the company opened a fourth restaurant, in Milford, he was asked again to be part of the opening team. Before long he was doing the same in Stamford and after that was offered a promotion as regional chef.

"I help open restaurants and fill in for chefs when they're on vacation," he said. "I pretty much go wherever I'm needed." Despite his new role, he said he's still a chef. "I enjoy it," he said. "It brings me back to my passion. I get to play with food and cook."

Mitera said that aside from working with food, he most enjoys having the opportunity to teach other staff members and help them grow. His least favorite part about the job is worrying about staffing and the mechanics of day-to-day operations.

Looking ahead – far ahead, he said – Mitera would like to retire and own and operate a bed and breakfast with his wife.

But that's a long way off. For now, he's happy doing what he's going. "It's a great, awesome job," he said. "I can follow my passion and be involved with food. It's a dream job for me." **GL**

Plan B is at in Eric Town Square, 129 Hebron Ave. The phone is 860-430-9737, and the website is planbburger.com.

The Gritter Firm, LLC
Comprehensive Business Counsel
www.gritterfirm.com

Jerry Gritter
gritterpa@gmail.com
(561) 391-8899

Business Formation
Contract Drafting and Review
Corporate Finance
Real Estate

Ryan Gritter
ryan@gritterfirm.com
(860) 266-6048

"I am an entrepreneur with a new business who was looking for an attorney who could both provide immediate assistance and become a long-term trusted advisor... Attorney Gritter accommodated my schedule to take a meeting, attentively listened to and addressed my concerns, and returned deliverables as promised. I was impressed with the quality of his work as well as his willingness to answer my questions in an efficient and timely manner." — Lauryn, from Glastonbury

The Gritter Firm provides counsel to businesses at all stages, working with clients in all aspects of their businesses, including corporate governance, entity selection, business structuring, business and tax planning, finance and securities, mergers and acquisitions, and any other issues that may arise. Our attorneys can assist you in structuring and negotiating business agreements, drafting and review of contracts, and ensuring proper documentation and regulatory compliance throughout all of your business' transactions.

437 Naubuc Ave., Suite 107, Glastonbury, CT 06033
(860) 266-6048

Celebrating 34 Years
of Quality, Integrity & Personalized Service

Fabulous Stack-ables
CHANGE BY DAY · CHANGE BY NIGHT · CHANGE BY MOOD · CHANGE ANYTIME!

colors × 6
THE POSSIBILITIES ARE ENDLESS!

GLASTONBURY JEWELERS
A flawless reputation since 1981
2846 Main Street | Glastonbury, CT | 860.659.0944
www.Glastonburyjewelers.com

‘An opportunity to feel we’ve made a difference in someone’s life’

Morna Murray heads up Department of Developmental Services

by Mara Dresner
Staff Writer

Courtesy photo

Governor Dannel Malloy appointed Morna Murray as commissioner of the state Department of Developmental Services earlier this year.

When Morna Murray has visitors to her office, they’re often taken by the beautiful artwork. They’re also frequently surprised when they learn who the artists are, according to Murray, who was named commissioner of the state Department of Developmental Services by Governor Dannel Malloy in February. The artwork is done by people with disabilities

“Every time I look at it, I feel calm. It’s absolutely beautiful,” Murray said of one of the current pieces.

Murray, who is a graduate of the George Washington University National Law Center and a member of the Connecticut, Washington, D.C., and Florida bar associations, has spent her career as an advocate for children, adults and families in the areas of developmental disabilities, health care, behavioral health, early childhood, and child and family wellbeing.

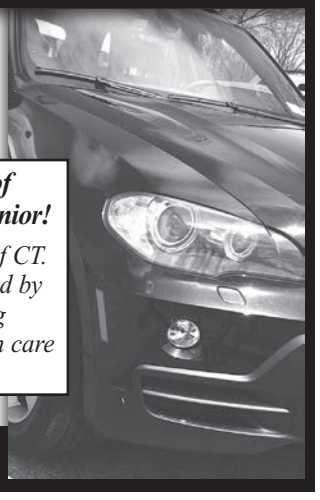
Seniors Ride With Us

(Formerly Leave the Driving to Us an AARP member endorsed company)

Dedicated to providing a safe, secure ride at lower rates for older adults. Door to Door transportation for Medical trips, Hospitals and any other reason.
Must call for appointments!

Lifelong resident of Wethersfield. Also a senior!
Licensed by the State of CT. Endorsed and approved by one of CT’s leading Gastroenterology health care organizations.

40-50% off standard taxi rates!



860-965-7863

TurleyCT Community Publications
Life Publications The Valley Press The West Hartford Press
To advertise call 860-651-4700 • TurleyCT.com

Hope Boutique and Restoration

Come celebrate our Grand Re-opening of the Charities of Hope Thrift Store. “Hope Boutique” is..thrift store meets flea market! An indoor shop and warehouse filled with the best finds from clothes & accessories to housewares & furniture.

Join us in the month of December and receive a 10% discount with this ad.

Do your holiday shopping AND help others. Your purchases support CT Alive, a Connecticut non-profit, tax-exempt organization run by, and for, survivors of violence.

Charities of Hope
770 Wethersfield Ave, Hartford, CT
860-424-0093 www.charitiesofhope.org

Courtesy photo

Morna Murray, commissioner of the state Department of Developmental Services, enjoys reading historical fiction to relax. She was appointed to the positon in February 2015.

It's an interest that she developed early in life.

"I was always interested low-income children and family issues," said Murray, who grew up in Scranton, Penn. "I come from a classic Irish Catholic background. We were taught as kids that you give back what you have. I went to Jesuit schools, which taught me the same thing. Really, it's been something I've felt called to in terms of using whatever tools and gifts I had at my disposal, it sounds Pollyannaish, to help other people that were less fortunate than I was. In my professional background, I've worked for the most part in public policy, particularly in Washington, and nonprofit organizations. I did a lot of lobbying for children and family issues, and disability issues, basically, for vulnerable populations," she said.

Murray served as senior counsel to Sen. Robert P. Casey, Jr. (D-PA); was vice president of First Focus, a national children's policy organization in Washington, DC; and director of Youth Development for the Children's Defense Fund, also in Washington, D.C. From 2013 until being appointed commissioner, she served as president and CEO of the Connecticut Community Providers Association, a trade association for community-based health and human service providers. The association serves individuals with significant challenges, including intellectual and developmental disabilities, mental health disorders, and substance use disorders.

"They are 98-percent nonprofit providers. They are really salt of the earth people who are helping our most needy people around the state," said Murray, who brings a unique perspective to her work.

"When our son was born and had some challenges, that took me another level. I was fortunate to have a great education and resources, and I still had a difficult time advocating for my son. It sensitized me even more to parents and families and kids who need help and need assistance in figuring out where to turn," she said.

Today, Murray's son, who has dyspraxia, a processing disorder, is at Cape Cod Community College. She also has an adult daughter.

"I have a good knowledge and experience of what the providers are facing," she said. "Being a parent and having worked with the providers, and having worked in public policy all these years, is really helpful to me in my current position."

She said she considers it an honor to serve as commissioner.

"It's an exciting job. It's a never-a-dull moment job, but it's humbling. There are about 4,000 people in our agency," she said. "It is really a very broad and diverse position. Obviously I'm one person in a leadership role. My job is making sure people in key management positions have my support and are able to function to their best ability and all the people who cascade down from that. It's very much a servant-leader position as I see it. My role is making sure that the people around me have everything they need, that the people who receive those supports as effectively as possible with as little stress as possible, and that things are running as fiscally [sound] as possible in times of great fiscal stress."

It's no simple task.

"Our challenges frankly are we don't have enough resources to meet the needs of all the people who need services. That's a fact of life we have to live with. We have a waiting list of individuals for day services and residential [programs]. We are trying to look at the way our services are delivered and save money anywhere we can, so we can offer more services. That is a daily challenge for us," she said. "Being a large organization, a large bureaucracy, and I don't say that as a negative, making sure everyone is communicating effectively; that sounds like a nice sound bite, but in reality it is difficult to achieve. We're spending a lot of time looking at internal policies and procedures and making some changes so we can operate more as a team. Again, it sounds like a nice sound bite, but that is what we have to have forefront in our heads."

Murray has been working on improving communication, including bring in an organizational consultant.

"It's a long-haul job. It's not something we can do overnight," she noted.

She's also changed the organizational structure.

"We're making life easier for the consumers. That's what everything we're doing is about," she noted.

She has words of praise for her staff.

"The people I work with are so committed. It's a big job and it can get so stressful. We do take care of each other. We try to make sure no one's getting too overwhelmed," she noted. "I have such a great staff and they work so hard."

Andrea Barton Reeves, president and CEO of HARC Inc., met Murray when she was interviewing for the position at providers' organization.

"She is an extremely adept consensus builder. She's very, very smart and she's very intuitive. She can pick up on what the concerns are, and she always come to the table with solutions. She's always thinking about, 'What can I do to add value? What can I do to make it better?'" Barton Reeves said. "Speaking from a private provider perspective, I think she has completely transformed the culture as far as how providers see DDS."

She said that the perception has changed from being looked at as second-class citizens to being considered as partners in delivering services to vulnerable populations.

Some of the changes Murray has made may seem small, but Barton Reeves said they've had a big positive effect.

"For years and years and years, there used to be a thing called trades meetings. There was a limit on the number of providers who could attend; we were given the agenda in advance. It was very much controlled by DDS. She's totally changed the paradigm. There's no limit; you can bring anyone you want. She moves it around the state, so providers can come and have a dialogue, instead of there being Oz behind curtain. She brings her leadership team so they can hear what the concerns are. It is a much more collaborative, open exchange of ideas. That's

been an enormous change," she said.

"Commissioner Murray is a champion for persons with intellectual disabilities and their families. She is a strategic thinker fueled by optimism and a sense of commitment that providing essential services to families and individuals in need is not just a nice idea but a vision which must be made real. She has the ability to listen to and hear diverse points of view as she leads all stakeholders down that path. In the face of tough financial times and distressingly disproportionate rescissions imposed by the governor's office on the Department of Developmental Services, we are most fortunate to have a commissioner of Morna's caliber and skills," said David Hadden of Simsbury, the father of two intellectually disabled sons and a member of the Connecticut Council on Developmental Services, who has also served on the boards of HARC Inc. and Oak Hill for more than 25 years.

Murray acknowledged the challenges of working within budgetary constraint, although she said that doesn't mean that the state isn't dedicated to providing services.

"The governor has a very tough job. We have a large deficit. They're being very careful about watching the budget. I know the governor has quite a commitment to people with disabilities; I've witnessed that myself," Murray said. "We are doing the best we can in difficult economic times. It's a reality we have to live with and make do. We are trying to find a way to manage those rescissions so that it doesn't affect the high-quality services to our children and families."

She believes that the more inclusive society is, the better.

"You can't preach to people that their lives are enhanced by being integrated with people with disabilities. There are quite a few studies that when employers hire people with disabilities, it's good for productivity, it's good for the culture.

A lot of times, I'll hear from employers, 'Our best workers are the people we hire with disabilities. They have the best attitudes. All they want to do is to make things better,'" Murray said. "I think of people as differently abled with different abilities. I have yet to meet a person with a disability that doesn't have a gift in another area of their lives that is a counterbalance."

She said that she has learned a great deal from her son.

"I often talk about how my son has taught me to be an authentic human being," said Murray who also has learned from her son's sense of humor and ability to zero on the heart of a conversation.

"It's important to have the presence of people who are different. They teach us by the way they live, by their attitude, by [the way there] might be more to life that what you and I see. It's a joy to be around them; it's a privilege. People have the right to get to their fullest potential and it's our job is to help get them there."

"Luckily, pretty much every day something comes across your desk [or] you get a phone call saying, 'This is how you've helped me.' It makes your day, it makes your life. Otherwise you wouldn't be doing this work."

–Morna Murray

Despite the many responsibilities of her position, Murray said she really doesn't get too stressed. She enjoys reading, especially historical fiction, spending time outdoors, going to the library, even grocery shopping.

"Going to Gardiner's Market is a big de-stressor for me," she said with a laugh. "I love South Glastonbury. It's so nice. I'm so grateful for the live I have."

Knowing that her work is impacting people's lives makes it all worthwhile.

"Luckily, pretty much every day something comes across your desk [or] you get a phone call saying, 'This is how you've helped me.' It makes your day, it makes your life. Otherwise you wouldn't be doing this work. It's pretty cool. It makes you feel very fortunate to be in position you're in," Murray said.

Recently, one of her staff members shared a collage of photographs that someone had sent showing a client engaged in a variety of activities that had been made possible by the department's funding.

"It was an incredible collage of photos because of what funding had done. I almost cried," she said. "Almost every day, there's an opportunity to feel we've made a difference in someone's life. That's what it is all about." GL

READ
LIFE
ONLINE AT
www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS

Lasky-Griswold Antiques
Buying Antiques & Collectibles
Paintings, Art Glass, Lamps, Pottery, Porcelain, Books, Sports Memorabilia, Manuscript Documents, Autographs, Photographs, Military Items, Swords and Firearms, Gold, Silver and Coins.
Please call Ray or Tim (860) 436-9891
Open by chance or appointment
383 Silas Deane Hwy. Wethersfield, CT
Free House Calls, Estates and Verbal Appraisals
Highest Prices Paid

Law Offices of
Deborah R. Eisenberg, LLC

Divorce, Custody, Family Law and Collaborative Divorce
•••
Serving Glastonbury residents for 19 years
2230 Main St., Suite 2
Glastonbury, CT
860-657-2230
www.deisenbergfamlaw.com

Tammy Ferris and her father-in-law, Michael Ferris, are the force behind FounderShare, a new service to help promote local businesses and connect them to the community.

Photo by Mara Dresner

Taking back Main Street

FounderShare brings together businesses, customers

by Mara Dresner
Staff Writer

Whether you're a "founder" or a "champion" or both, FounderShare is hoping that you'll choose to shop locally.

The brainchild of Tammy Ferris and her father-in-law, Michael, FounderShare provides the technology that allows a business to sell closed loop digital gift cards and redeem them at the point of sale through a smartphone. The customers who purchase the gift cards are known as "champions," while the business owners are called "founders."

"FounderShare is a play on words," said Tammy Ferris, FounderShare's president and CEO. "Founders, the business owners, share information within the business community to help everyone move forward, and consumers can share in a business› success."

While she grew up in an entrepreneurial family, she started her career in healthcare strategy consulting.

"As I was working there, it never really felt fulfilling," she said.

One day, her father, who owns a business selling promotional products, asked her to help with a spreadsheet.

"I tooled around for 20 minutes and sent it back. He called me and said, 'What did you do?' I walked him through what I had done. In that moment a little seed planted," she said.

When she moved to Connecticut with her husband, Peter, she started applying " big business data techniques" to small businesses.

"After each client meeting I felt really good and the business would be really happy, but on the drive home, my delight would fade a bit. I wanted to create a platform that would help many businesses at the same time. That was the start of FounderShare. It wasn't rocket science," she said.

Co-founder Michael Ferris is a CPA by background and training who spent 30 years in the insurance industry, working for giants such as Cigna and Travelers before retiring early.

"I took over a small landscaping business in Glastonbury, B & B, which evolved to a larger company called the Yard Group," he said. "I ran that for a half dozen years, doing small business consulting, until Tammy talked me into joining her on this journey."

It took a while for the concept to come together.

"I knew I wanted to help small businesses succeed. I analyzed a small business [to see] all of the relationships within it and all the needs a business owner has," Tammy Ferris said. "I tried to isolate the most important fundamental needs a business has. It came down to two main needs: access to capital and access to customers. I wanted to create a product that fulfilled both of those needs."

The idea has evolved since the pair started working on it in January of 2014. Since launching the program in June 2015, they have

Worry-free senior living made more affordable!

Choose your apartment or cottage and get:

- **FREE!** First Month's Rent
- **No entrance fee!**
- **Up to $1,000** toward a Downsizing Specialist and Moving Company Services

Apartments

The apartments at The Heights are all about comfort and convenience.

- One- or two-bedroom
- Housekeeping and weekly linen change
- 24-hour monitored emergency system
- Parking space in the connected covered garage
- Daily wellness checks
- Gourmet meals in our dining room
- Small pets welcome

Cottages

Enjoy life in your very own, new two-bedroom cottage. Sign up by December 31st, and you'll also receive 10 **FREE** fine dining meals in The Heights dining room each month for your first full year!

- One or two full baths
- Living and dining area
- Fully equipped kitchen
- 95% efficiency heating system
- Central air conditioning
- Security system and private yard
- Small pets welcome

The Heights
Avery Heights • A Village of CHI

550 Avery Heights
Hartford, CT 06106

EQUAL HOUSING OPPORTUNITY

Come explore all The Heights has to offer!
Join us for our Open House and Luncheon:

Saturday, January 9th and Wednesday, January 20th.
Event starts at 10:45 a.m.

For a private showing or to attend our next Open House, please call: **860-953-1201** ext. 403

gotten more than a dozen businesses on board and about 100 champions and have sold more than $10,000 worth of gift cards. Each business decides how much of a savings to offer and how much of a savings pool is available. All gift cards must be redeemed at the business through a smartphone.

"FounderShare is a way for everyone in the community to shop local and get rewarded. It's also a way to discover new businesses," Tammy Ferris said. "One reason it's favorable to businesses is they get the funds up front, so that's the capital part of the equation."

Offers are available for limited quantities. For example, Berkins Blend offered a $25 gift card for 10 percent – or $2.50 – off.

"Our focus is not on deep discounts. Our focus is on getting more of the right customers that will be loyal to you over the time," Michael Ferris said.

Champions are encouraged not simply to buy the gift cards but to talk about their experiences on social media.

"There's nothing that I'd enjoy more than helping local businesses take back Main Street."

– Michael Ferris

"Our store, Baribault Jewelers, is proudly a FounderShare member. We use FounderShare to offer a special 'thank you' offer to customers who support local small businesses like us, Christina Baribault-Ortiz said. "Also, we are always looking for cool and unique ways to do some local advertising which we also achieve by being a part of FounderShare. We believe whole heartedly in the importance of a sense of community and love what FounderShare is up to. Personally, what I love best about FounderShare is how good I feel when I shop in local small businesses like my own. I love the gifting and sharing aspect too. I can buy a FounderShare for a business in town and gift it to whomever I want. Just the other day I bought a FounderShare for Liquid Nirvana across the street from our store and gifted it to some family members and co-workers who love walking over there at lunchtime. I'm thinking how great this will be for holiday season to support local and buy a bunch of FounderShares to gift to family members and friends."

That gifting is a unique aspect of the service. A champion could buy a FounderShare and break it up and give it out in any denomination. For example, a $100 FounderShare mobile gift card might be divided into three $25 gifts, while the purchaser keeps $25.

But FounderShare is about more than just offering gift cards.

"Having run a small business myself, I understood how difficult it was and how lonely it was at the

LIGHT A CANDLE OF LOVE.

Since Christmas is a time for remembering, we are lighting a candle in our funeral home for all the families we have served this past year.

As you enjoy this Christmas season, we hope this gesture will serve to remind you of Holidays past and the importance of family.

May the quiet peace of Christmas fill your heart and home.

D'ESOPO FUNERAL CHAPEL
"Nationally Recognized for Excellence"
www.desopo.com

EAST HARTFORD
860-568-9420

WETHERSFIELD
860-563-6117

BILLIE REESE PRESENTS
89 Bainbridge Road, West Hartford

Charming 4 bedroom, 2.5 bath home in very desirable neighborhood. Large Entry Foyer, front to back Living Room with Sunroom off back. Granite Kitchen with large Eat In Area. Finished Lower Level and bonus flat screen TV w/ Sound System. Home boasts new windows and gas heat. Oversized 2 Car Garage.
Make the New Year truly Special with this wonderful home!
Priced at $439,900.

BILLIE REESE
Call/Text (860) 841-2457
billie.reese@cbmoves.com
COLDWELL BANKER
RESIDENTIAL BROKERAGE
"Best of Hartford" again in 2014
36 LaSalle Road, West Hartford, CT

30 Years of Honesty, Integrity & Service

Sara W. Felter
GRI, CRS
Top 5% Worldwide
Happy Holidays!
(860) 573-8008
sara.felter@cbmoves.com
www.sarafelter.com
COLDWELL BANKER
1331 Silas Deane Hwy.

TurleyCT Community Publications
Life Publications The Valley Press The West Hartford Press
To advertise call 860-651-4700 • TurleyCT.com

top. We wanted to bring together a community of small-business people who could learn from one another and leverage one another," Michael Ferris said. "We heard from the business owners that optimizing social media was a question they all had. We brought together the founders at Berkins Blend and had a marketing agency come in and run a 45-minute boot camp on Social Media 101."

"What's really cool, particularly with small businesses, is everyone has a different comfort level. Some businesses are very sophisticated and comfortable with it, and others are either in denial or petrified. Getting those two groups to come together and leverage them to help the ones at other end of the spectrum was magic," Tammy Ferris said. "There are so many different ways that business owners can help each other: how to greet customers when they come into your store, how to understand your books, every facet of your business. There are so many ways to leverage your strengths to help the entire business community."

A meeting was scheduled for December to focus on customer service. FounderShare is also a sponsor of Small Business Saturday, a day to encourage people to shop locally.

Businesses pay a flat monthly fee of $99 a month per month to participate in FounderShare.

They are hoping the business will expand organically.

"What we want to do is inspire the stay-at-home moms and businesspeople who might be semi-retired or people who just want to go for it to connect with their local businesses and help sign up more members, first in neighboring towns, and then watch it grow wherever the masses take it," Tammy Ferris said.

Those folks are called "consultants" and are compensated by commission.

"We will follow the growth where it presents itself. So if we found a great salesperson in Springfield or New Haven, we'd follow them there. Once social media kicks in and word begins to be spread, we will have a tipping point. We don't know when that will be; we don't know how long it will take us to get there. We want to do this right. That's more important than getting large quickly."

Of course, as they've been navigating the challenges of starting FounderShare, they've also had to get used to working with a relative.

Tammy Ferris said that their personalities balance one other.

"I am an extrovert. On the scale of extroversion, I am out there, and Michael is an introvert. I think he's a strong introvert, so having that dynamic is interesting and awesome. My strengths are with technology and analysis, then there's a little overlap between skill sets. We complement each other in a pretty awesome way and we challenge each other in a pretty awesome way. I have a huge amount of respect for him. He has so much experience, and I get to learn so much in every debate we have and every problem we solve. It's just incredible. I'm a very direct person, so I just say it as I see it. At all times we understand where other person is coming from and we're very open. I remember at the beginning when first started working together, Mike would respond in a protected way, and I would say, 'Could you just give it to me straight?' Be as critical as you can because if I don't understand exactly what the problem is, I can't improve it. I like to understand what I'm doing wrong or how I can improve all the time," she said.

"The best part of this journey is it has allowed Tammy and I to evolve from being family to being friends with a healthy dose of mutual respect. I think it makes it easier. I've played my game, I've done my thing. This is Tammy's game; my job is to help her win," added Michael Ferris, who's lived in Glastonbury for 38 years.

"I remember a day when it was all about Main Street and local businesses that were on Main Street and the vibrancy of the community, probably before technology and before the box stores," he said. "There's nothing that I'd enjoy more than helping local businesses take back Main Street." GL

Learn more at foundershare.com or facebook.com/foundershare.

Giovanni's
Brick Oven Pizzeria
Catering
Let us put together a Holiday Package that fits any budget!

10% OFF
Your Next Catering Order
Limit 1 Per Customer.
Please present coupon for validation.

1/2 Tray - Full Tray Available
Appetizers • Salads
Pasta • Party Pizzas

SPECIAL AT GIOVANNI'S
Deep Dish Pizza
Like us on Facebook for Special Deals

Gift Cards
$10 OFF
for every $50 spent

TOYS FOR TOTS
Toy Drop-off
U.S. Marine Corps Reserve

Giovanni's
Catering
860-633-0041
113 Hebron Ave., Glastonbury

Courtesy of the Historical Society of Glastonbury

This is an early photo of Glastonbury's first town hall, built in the mid-1880s.

From town house to museum

Old town hall is a treasure-trove of history

by Nancy Thompson
Editor

Nancy Thompson photo

The Museum on the Green, built in the mid-1880s as the center of town government, was designed by the same person as the South Glastonbury Library and is similar in style.

A lot was going on in Glastonbury and elsewhere in the late 1830s.

In 1837, Queen Victoria began her reign, Michigan was admitted to the Union, and Charles Dickens published "Oliver Twist."

In 1938, the first steamship crossed the Atlantic Ocean, the Underground Railroad was organized, and the first of a series of crop failures hit Ireland.

The year 1939 brought the first 10 steel plows produced by John Deere, the first effective use of rubber by Charles Goodyear, and the publication of Dickens's "Nicholas Nickleby."

And 1840 saw Queen Victoria's marriage to Prince Albert, the first adhesive postage stamp, the first crop of grapefruit in Florida, and the arrival of more than 200,000 Irish immigrants to the U.S.

In Glastonbury, residents were debating the possibility of building the community's first town hall, a century and a half after the community became an independent town.

Much of what is known about the process comes from the diary of Joseph Wright, a deacon in a local church. "A special town meeting will be held at the usual place on Monday, April 17, 1837 for the purpose of assigning a committee to buy or build a Town House," Wright wrote earlier that month.

In an update nine months later, he said there was "great interest" in the project, which had been the subject of several meetings. One unresolved issue was where it would be built.

Some residents wanted to buy the old Presbyterian meetinghouse and move it to a new site; others wanted to buy the old Episcopal church. Folks from South Glastonbury wanted the building, which would serve as the center of the town's government, at Buck's Corner. Eventually, residents agreed the town hall – then known as a "town house" – would be built at the corner of Main and Hubbard streets at a cost of not more than $1,600.

That might have been the end of it, but two years later nothing had been done and many people continued to oppose the idea of having the building on Main Street. Finally, in October, 1841, a town meeting voted

to continue with the 1838 plan.

Parley Bidwell, who built the Methodist church on High Street in South Glastonbury, now the South Glastonbury Library, was chosen to build the new town hall, which is similar to the South Glastonbury building in its shape, its simplicity and its Greek revival style.

The new building, made of brick and completed in 1840 at what is now known as 1944 Main St., served the town for nearly 100 years as a polling place and a site for town offices and town meetings and for celebrations such as Old Home Day and the renowned battles between the Smith sisters and town officials over their tax payments.

The building was updated several times, with electric lights replacing candles in 1913 and coal replacing wood as a heating fuel a few years later. The town outgrew the tiny building in the late 1920s and established a new town hall in a former school building farther north on Main Street while continuing to maintain the old building and making it available for public use.

In the 1950s it housed a private kindergarten, which closed in 1959 when the town added kindergarten to its public school system. At that point, the town leased the building to the Historical Society of Glastonbury for $1 for 99 years.

In 1973, the building underwent renovations that added a balcony, a library and office and storage space to better serve the society's needs. The exterior also underwent maintenance and repairs at that time.

Today, the Museum on the Green features displays about Native Americans, the Colonial Era, the Smith sisters, the Civil War, Hale Farm and several local industries as well as special temporary exhibits and houses a library, a genealogy department and a museum store. It is open Monday, Tuesday and Thursday from 9 a.m. to 4 p.m. and the third Sunday of each month from 1 to 4 p.m. **GL**

Nancy Thompson photo

The mid-19th century town hall has been renovated to serve as the home of the Historical Society of Glastonbury.

Jeffrey Bodeau
860.463.9296
Jeffrey.Bodeau@raveis.com

Reduced

32 Saner Road, Marlborough
$479,900
Private premier rear lot, Professionally decorated & appointed, 4 Beds, 2.1 Baths, 3 Car garage, over 3,000sq of handcrafted quality. Impressive Interior & Exterior upgrades incl manicured grounds, gazebo, & hot tub.

129 Vernon Road, Bolton
$567,000
Once in a lifetime opportunity to own your own Lake House Compound w/ Main house, Guest cottage and Party house. Stunning & private country setting right on beautiful Bolton Lake. 20 minutes to Hartford.

48 Fawn Run, Glastonbury
$599,000
Chic Contemporary situated in private enclave of similar spectacular homes. Dramatic southern views! Updates incl baths, flooring, lighting, painting, landscaping, and more! 3,900sqft of WOW!

35 Payne Road, Portland
$874,900
600' of CT RIVER frontage! Unprecedented water views. DEP approved dock. Coffered ceilings, ornate moldings, chef 's kitchen, and Au-par apartment w/ separate entrance & garage. Salt water in-ground pool.

284 Chestnut Hill Rd., Colchester
$429,900
Custom 3 bed/4 bath Cape. 10 private acres. Meticulously maintained one owner home. Classic elegance w/ modern amenities. Updated kitchen, grand dining room, 3 Master Suites, beautiful INDOOR, INGROUND pool

New Listing

27 So. Main St., Marlborough
$299,900
Often admired antique colonial. COMPLETELY remodeled with all of todays modern amenities and now features an open floor plan, yet still maintains its original appeal. Over 2,100 sqft of living space w/ 3 beds/2.1 baths. Just gorgeous!

78 Chapman Rd
$275,000
6 acre Gentleman's Horse Farm. Private rear lot. 3-Stall barn, hay loft, electronic & wooden fencing & 3 paddocks. Open floor plan, large great room, new kitchen, foyer addition, driveway. 15 minutes to Hartford.

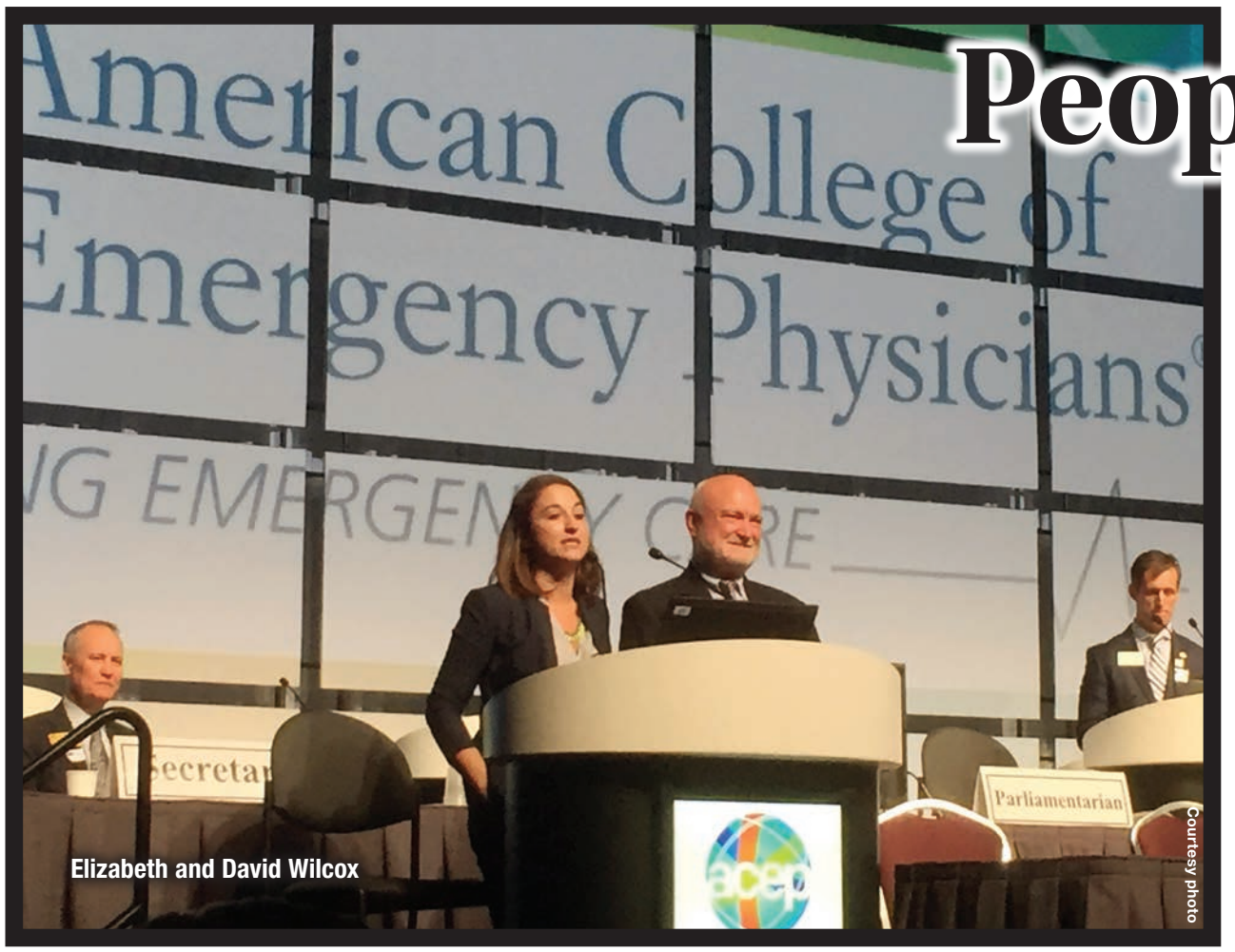
40 Brook Crossing, Ellington
$899,900
Be amazed by this custom built 4,400sqft, 4 bed, 4.5 bath masterpiece. Outstanding craftsmanship & detail is apparent inside and out. Stunning Tuscan inspired estate. Enjoy this luxurious home with over a million invested!

201 Great Hill Pond, Portland
$329,900
Exquisite Water Views of Great Hill Pond. Over 1 acre of wooded land. Indoor heated endless pool, large Kitchen, heated sunroom, oversized Trex deck & patio, 2 Year old roof, Significant Recent Updates

157 Millstone Rd, Glastonbury
$350,000
Beautifully updated 4 bed Colonial. Big ticket items are taken care of incl 50 year roof, energy efficient windows, garage doors & openers, kitchen cabinets, master bathroom, and the list goes on!

498 Penfield Hill Rd, Portland
$82,900
Great lot. Build your dream house! Nice, quiet country road. Backs up to Quarry Ridge Golf Course. Rear property line is in the center of a lovely stream. Great for a walkout basement even though fairly level. !

232 William St, Portland
$299,900
Garrison colonial, original owner. Gleaming hardwoods. Tons of space! Formal living, & dining rooms, Fireplace from 1710 circa home. Perfect location, close to town and easy access to Route 9.



Elizabeth and David Wilcox

Courtesy photo

People Notes

Grace Gardner, a member of the class of 2018 at the Watkinson School, has been named an all-star by the New England Girls Volleyball Association.

David E. Wilcox, an emergency physician, and his daughter, **Elizabeth,** a medical student, spoke at a meeting of council members of the American College of Emergency Physicians to urge them to contribute to the Emergency Medical Foundation and support research and education in emergency medicine. David Wilcox has been a member of the council of the American College of Emergency Physicians since 1982 and is the founder of the annual funding challenge, which this year raised $210,000 during the group's two-day meeting. **GL**

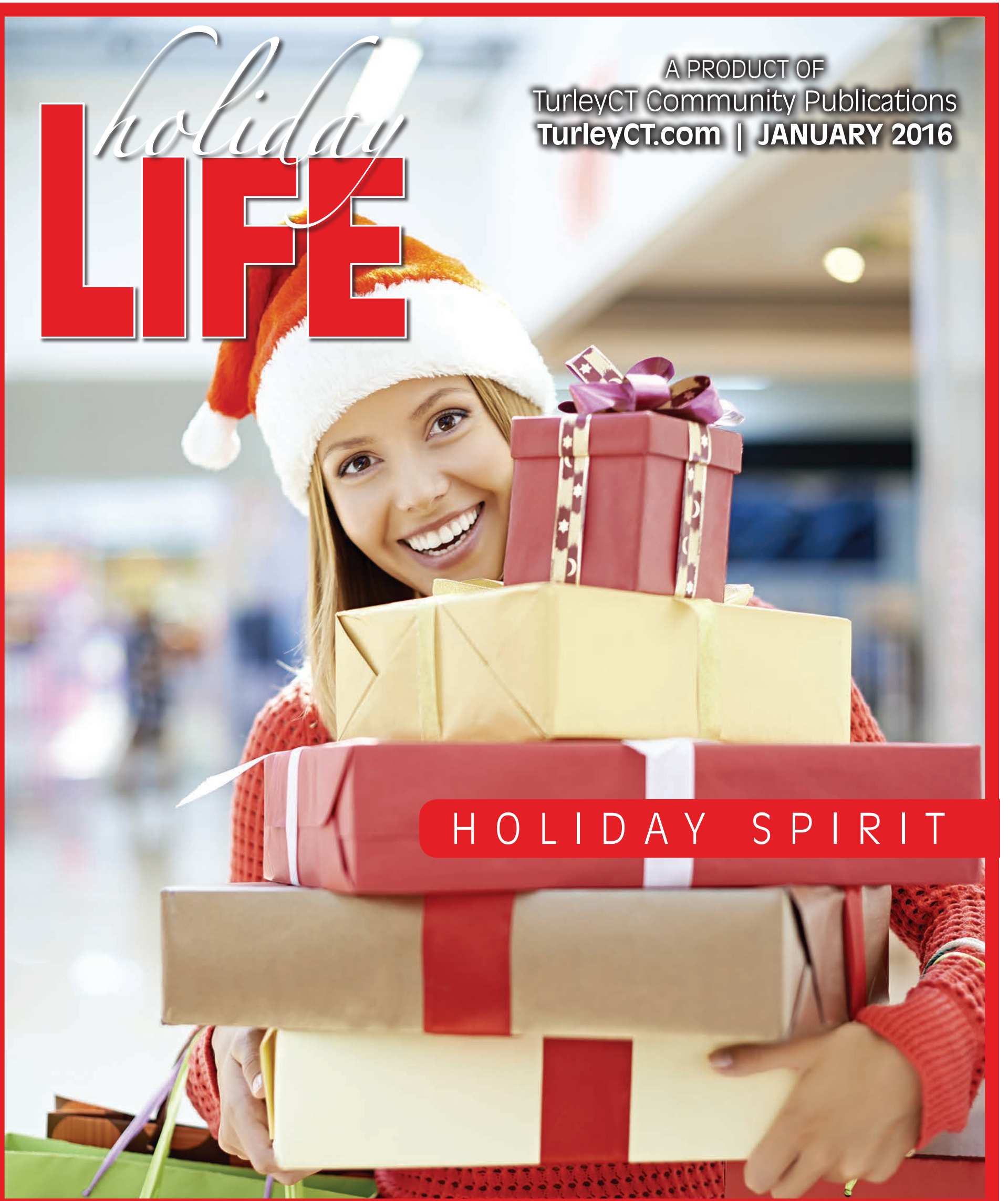
HOLIDAY SALE
now thru Dec 24
Enter To Win A $500 Store Gift Card
$500 gift CARD
40% Off All In-Stock Collections
KABANA®
Close-Out Sale
endless JEWELRY
GET A GIFT
BUY A LEATHER BRACELET AND GET A FREE SILVER CHARM*
FROM $39
*CHOOSE FROM 39 SILVER CHARMS WITH A $30 RETAIL VALUE
$400
18k & Sterling Silver Diamond & Gemsone Pendants
Andréa Candela
Follow Your Passion...
20% Off
Colored Gemstone Jewelry*
*Excludes Designer Lines
Pennachio Jewelers
Eric Town Square
120 Hebron Ave • Glastonbury
pennachiojewelers.com • 860-652-0806

BARRY & BARALL, LLC
CENTRAL CONNECTICUT ATTORNEYS
ANTHONY SPINELLA, Esq.
• Personal Injury
• Criminal Law
• Family Law
• Estate Planning and Probate
• Real Estate
• General Litigation
• Corporate & Business Law
202 West Center Street | Manchester | 860.649.4400 | www.barryandbarall.com

Come Home for the Holidays
Emmy Lou's Ltd.
Our Shop is brimming with
The Magic and Sparkle of Christmas
• Indoor decorated Wreaths, Garlands & Arrangements
• Fresh decorated Wreaths and Garlands • Specialty Ornaments Too!
• Holiday decor, Trims, Treasures & Dazzling Ribbons
• GIFTS for EVERYONE on your list! & so much more!
17 Hebron Ave., (Corner of Main) Glastonbury • 860-633-9565
HOURS: OPEN DAILY

holiday LIFE

A PRODUCT OF
TurleyCT Community Publications
TurleyCT.com | JANUARY 2016



HOLIDAY SPIRIT

Holidays made easy

How to maintain a festive spirit throughout the season

by Alison Jalbert and Nancy Thompson
LIFE staff

The holiday season is filled with festive imagery – sparkling snow, presents wrapped with beautiful bows, a twinkling Christmas tree adorned with ornaments and family gathered around a crackling fire sipping cocoa.

Whether or not that imagery is true to life is questionable, as the holidays often incite stress as everyone tries to attempt that ideal depicted in commercials and movies. Banish stress and chaos to the naughty list this year with tips from area experts on how to make the holidays more relaxing and enjoyable.

Stuff the stockings with care

What's not to like about an oversized stocking full of goodies? Emmy Lou DeBari, owner of Emmy Lou's Ltd. in Glastonbury, offered some ideas of stocking stuffers for anyone on your gift list.

Personal care items, such as hand creams made

GOODSPEED MUSICALS
GIFT CERTIFICATES

THE PERFECT GIFT
for
everyone
on your list

Gift Certificates are available in any amount and may be redeemed for tickets to any of our performances.

Visit or call the Box Office
860.873.8668 • goodspeed.org

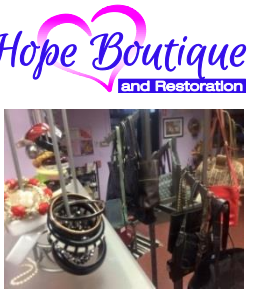
Panera BREAD

Panera Bread is proud to support Charities of Hope, dedicated to "giving back" to local non-profits & charities.

Charities of Hope

How you can help others:
1. **Clothing Drives!** Host your own. Clothes and coats are donated to COH while you raise funds for YOUR organization.
2. **Shop at Hope Boutique!** An indoor shopping experience of fabulous finds at thrift & flea market prices. A portion of proceeds benefit CT-ALIVE (Connecticut Alliance for Victims of Violence & Their Families, Inc.)

Hope Boutique and Restoration



Come see the store's new look as
HOPE BOUTIQUE & RESTORATION

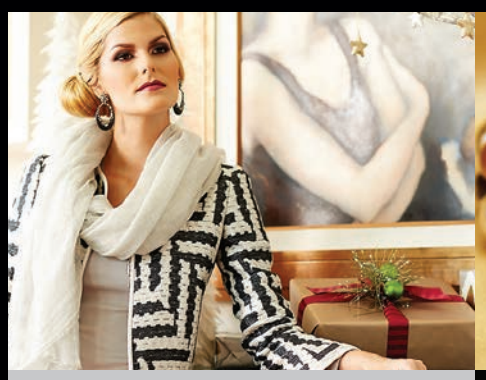
770 Wethersfield Ave., Hartford, CT

Boutique Hours
Wednesday & Friday, 10 am-4:30 pm
Thursday, 10 am-7:00 pm
Saturday, 10 am-4 pm

Restoration Hours
Saturday, 9am-3pm
(Lower level Warehouse, more furniture & housewares)

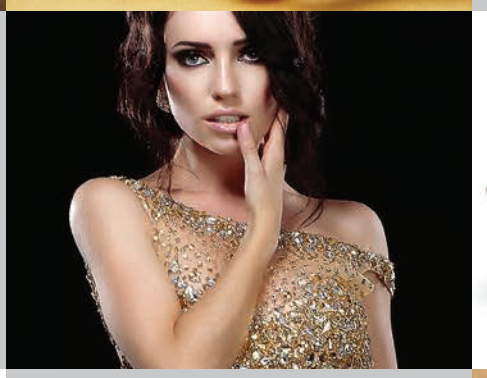
/HowleyBreadGroup
/Charities of Hope and The Thrift Store
www.charitiesofhope.org

Bring this ad in for 10% off at HB&R



TIMELESS

INSPIRED



IRRESISTIBLE

Westfarms

APPLE
BRIO TUSCAN GRILLE
CALIFORNIA PIZZA KITCHEN
LEGO
LOUIS VUITTON

LULULEMON ATHLETICA
MICHAEL KORS
MICROSOFT
P.F. CHANG'S CHINA BISTRO
POTTERY BARN

THE NORTH FACE
TIFFANY & CO.
TOMMY BAHAMA
TORY BURCH
WILLIAMS-SONOMA GRANDE CUISINE

Westfarms

NORDSTROM • LORD & TAYLOR • JCPENNEY • MACY'S

OVER 160 OF THE FINEST STORES AND RESTAURANTS

EXIT 40 OFF I-84 OR EXIT 30 OFF RTE 9 • WEST HARTFORD, CT • SHOPWESTFARMS.COM

BALLET THEATRE COMPANY PRESENTS
The Nutcracker 2015
Experience the Magic!
DECEMBER 17 – 20
Hoffman Auditorium
University of Saint Joseph
West Hartford, CT
Admission $30 / Seniors $25
Children 12 & under $20
BALLET THEATRE Company
Thu., Dec. 17 – 6:30 pm
Fri., Dec. 18 – 7:30 pm
Sat., Dec. 19 – 1:00 pm and 5:00 pm
Sun., Dec. 20 – 1:00 pm and 4:30 pm
TICKETS
860-570-0440
www.dancebtc.org
Bring a new unwrapped toy for Toys for Tots!
Photography by Nathan E. McCormack
Ballet Theatre Company (BTC) is a 501(c)3 not for profit organization

Holiday LIFE

in New England and body wash and lotions, are available in small sizes that fit nicely in stockings and meet airport security requirements. Soy candles can add a delightful scent to a home and are available inseveral varieties, including coconut-lime, pure lavender and vanilla.

Small bottles of hand lotion in almond-pear and pomegranate scents will have hands feeling and smelling like they've been to the manicurist, and French-milled heart-shaped soaps will turn any bath or shower into a spa.

Handy gadgets are popular as well. Small light-up pillboxes are great for use in restaurants, theaters and other places with dim lighting, and a wrist key-keeper combines the look of a bracelet with the utility of never again having to search for those keys. Armored wallets are small enough to fit easily into a purse or pocket, hold cards and cash, and protect cards from radio frequency identity theft. One of DeBari's favorite items is an LED flashlight that's flat and fits anywhere.

Ornaments geared to a specific interest, such as bicycling, snowmobiling or sports, or an event such as a first Christmas, not only decorate a family tree, but also turn into treasured keepsakes. Holiday-themed socks in red and green with Santa, mistletoe and other designs are another option.

Not all stocking stuffers need to come from a store. DeBari also suggested adding homemade cookies or fudge to a stocking for a personal touch.

Quick ways to make your home feel festive

It's easy to spend a lot of time and money on holiday decorations. For simple and affordable ways to make a home festive, Farah Assi Evenson, owner of Interiors by Farah in Wethersfield, offered several quick and easy ideas.

First, the wreath.

"Who can say holidays without saying wreath?" Evenson said. "A lot of people associate a wreath with fall and winter, but it actually can be used any time of the year. If you start with a basic wreath you can embellish it depending on the season.

For example, dress it up with pinecones, berries and ornaments for Christmas, or flowers or seashells for summer. Wreaths not only look good on the outside of your house, but will also look great hanging inside.

Next is the centerpiece, another decorative item that can be changed and used all year.

"For an attractive centerpiece, gather different size jars along with vases and fill them with faux greenery and berries in the winter," she said. "Just like a wreath, they complement any holiday decor. Depending on the season, you can fill them with many different things. I like to fill mine with lemons or seashells in the summer."

How about those pillows? "One of my favorite easy ways to add holiday flair is to change all the throw pillows in my house," Evenson said. "Whether it's the pillows on the living room couch or the pillows in the guest bedroom, it always makes the house look more festive. Throw pillows can go a long way and can be interchanged depending on the season. I have a few bags of them in my attic labeled for each holiday – deep reds and greens for December, blues and soft white for summer.

And finally, for coziness and warmth, how about cinnamon?

"Holidays are also the time to feel cozy and warm," she said. "Nothing does that better than the smell of cinnamon. Fill vases with scented pinecones and place them around the house. They don't have to be visible, but their scent alone will fill the house with a welcoming holiday feel."

Wrap it up

Gift wrapping seems so simple; cover a geometrically shaped present in eye-catching wrapping paper, tie a brightly colored ribbon around it and make a jaunty bow. Easy, right? Maybe, if you're MarthaStewart. Corners end up lumpy, bows lie limp and the whole presentation looks ... off. Alison Swayne, sales associate at The Silver Dahlia in Simsbury, which also has locations in West Hartford and Glastonbury, said time is necessary.

"Realizing it will take time [is important]. Making a gift look nice

Holiday LIFE

is part of gift giving. It's worth it," she said.

To expedite the process, she said pre-cut paper could be helpful if many gifts are the same size, and stick-on bows can look just as pretty as handcrafted bows, with much less effort.

Purchasing quality paper is important, as it's easier to wrap with good paper as opposed to a flimsier option, according to Deb Clark, key holder at Gift-ology in Blue Back Square in West Hartford.

Leon Davidoff, co-owner of The Paper Station in Newington, said there is a secret to successful wrapping.

Up to 30% OFF
Most Boots Storewide
50% OFF
All Retired Vera Bradley

20% OFF
Most Accessories
*Exp. 12/20/15. Prior sales excluded. Some exclusions apply. Excludes Brighton and Vera Bradley. Excludes socks and hosiery. Not combinable with other sales, coupons, vouchers, or offers.
Life

TAKE AN ADDITIONAL $5 OFF
Any Sale Priced Boot Up To $100
*Exp 12/20/15. Some exclusions apply. Prior sales excluded. Not combinable with other sales, coupons, vouchers, or offers. Offer only valid on sale priced boots. Life

TAKE AN ADDITIONAL $10 OFF
Any Sale Priced Boot $101 or more
*Exp 12/20/15. Some exclusions apply. Prior sales excluded. Not combinable with other sales, coupons, vouchers, or offers. Offer only valid on sale priced boots. Life

FOOTPRINTS
Shoes & Accessories

NEW HOLIDAY HOURS
First Time in FootPrints History
Open Sunday 10am-5pm
Starting November 29th thru the Holidays!

79 COSTELLO ROAD - NEWINGTON, CT - (860) 666-3100
MON.-SAT. 9:30-5:45 • THUR. NIGHT TO 8:45

mickey finn's
mickeyfinnstores.com

HOLIDAY SALE IS ON!

DOCKERS
Men's Signature PANTS
6 Colors
Pleated or Flat Front
Slim, Straight, Classic Fit
Absolute Lowest Price!
$29.99

MENS THERMAL
12 COLORS
Reg. $45
POLO RALPH LAUREN
SALE $29.99

Columbia Sportswear Company
MENS & LADIES SPORTSWEAR & OUTERWEAR
ALL 40-50% OFF

LEVI'S
MENS
505 Regular Fit
550 Relaxed Fit
559 Straight
514 Slim
Lowest Price!
$36.99

LACOSTE
MENS V-NECK SWEATERS
6 Colors
Reg. $98
$69.90

NAUTICA
MEN'S JEANS $45
LOWEST PRICE!
ALL $29.99

Great Holiday Savings on all your Favorite Brands!
POLO RALPH LAUREN
SPERRY TOP-SIDER
LACOSTE
vineyard vines
patagonia
MICHAEL KORS WATCHES
Tommy Bahama
Timberland
carhartt

mickey finn's
mickeyfinnstores.com
874 BERLIN TPKE. BERLIN, CT 860-828-6547
HOURS: M-F (9:30-9) SAT. (9:30-6) SUN. (11-5)

When wrapping a package – he used a shirt box as an example – all edges of the paper need to make a crease at the edge of the box.

"That will hold it there," he explained. "When you go to do the sides, do the same thing on every single side."

For those who are truly gift wrap averse, there are gift bags available in many sizes and designs.

Jillian Skau, an associate at SPIN Monograms & Gifts in West Hartford, said gift bags are easy and reusable.

Davidoff also has a secret to proper tissue paper placement in gift bags. Taking the piece, pull down from the center, like you are making a bouquet. Doing this with two or three sheets of tissue paper will get "that poof look."

"Everyone always enjoys a properly festive gift bag," he said.

Surviving holiday stress

Stress is often synonymous with the holidays, but Dr. Laura Saunders, a psychologist at Hartford Hospital's Institute of Living, said the first step is to set reasonable expectations for oneself.

"Oftentimes, stress is caused by the fact that our goals are too high or our expectations are unreasonable," she explained. "Therefore, we feel like we fall short of those expectations. Be kind to oneself and be reasonable."

It is also important to remember that families are often flawed.

"A lot of individuals don't have picture-perfect families," Saunders said. "It's OK to have families that have issues. Facebook and the media are overcompensation. Don't feel bad about your family dynamic."

When it comes to gift giving, the emphasis should be on quality, not quantity.

She said the greatest gift a person can give their children or nieces and nephews is an experience.

"Time and attention can be the greatest gift; it doesn't have to be the most expensive one."

Saunders said parents need to remember that bringing them to many different parties throws them off their daily routine. Keeping them on regular bedtime schedules and being careful about sugar intake will make things less stressful for everyone involved.

Too many parties and other social obligations can also be detrimental to adults; Saunders said they can have a negative impact on a person's ability to function at work and with their family.

"Make sure you're not overreaching," she said. **GL**

Stop in to our 20,000 sq. ft. *Showroom of Fun!*

Huge Selection of
Counter Stools • Bars
Game Tables
Pool Tables & Accessories

T & M
BILLIARDS & BARSTOOLS

1904 Silas Deane Hwy., Rocky Hill | 860-257-8332 | tmamusements.com

The Most Open Public Sessions in CT!
Right Around the Corner from Westfarms Mall!

Do you have a business looking to reach over 200,000 households? Why not consider one of our cost effective programs here at VMSR to advertise your business or service. *Call for more details.*

Now offering DJ skates every Friday night 6:45-8:15 p.m.
Check out our website for special theme nights.

Registration is now open for our Vacation Skating and Hockey Camps *(Dec. 28,29,30,31)*
Hurry because classes fill up fast.

VETERANS MEMORIAL Skate ICE SKATING RINK

Veterans Memorial Skating Rink
56 Buena Vista Rd.
West Hartford, CT
860-521-1573
skatevmsr.com

Mark your calendar now for our annual **Skate with Santa** on Friday, December 18 4:30-5:30 for some fun on the ice with Santa!

Say Happy Holidays!

Our OWN Glorious POINSETTIAS
CYCLAMEN • HOLIDAY CACTUS • ORCHIDS
LOVELY HOLIDAY ARRANGEMENTS
SPECIALTY GREENS • HOLLY
GIFTS FOR GARDENERS AND THE HOME
GREAT STOCKING STUFFERS

WOODLAND GARDENS SINCE 1939

168 Woodland St • Manchester
Just follow Rte. 83 to Woodland Street
860-643-8474 OPEN 7 DAYS A WEEK
www.WoodlandGardensCT.com • facebook.com/woodlandgardens

The Webb-Deane-Stevens Museum Shop

It's beginning to look like Christmas!

Inexpensive accessories...
Scarves, Hats, Head Wraps, Gloves, Ponchos
SPECIAL - Xmas bow earrings !!
Warm Henleys for men

Colorful ornaments for all...
Baby's First Christmas!! Even your dog!!
Advent calendars.. Stocking stuffers ...
NEW--"Moving Flame " tapers and pillars..
...amazing and safe!!

221 Main Street, Wethersfield 860.529.0612
OPEN DAILY 10am-4pm • CLOSED TUESDAY

Unwrapped

Ideas for items to leave under the tree

Sponsored by Westfarms

For her

Looking for a special gift for that special woman in your life? Items available at Westfarms include an 18k rose gold bow cuff at Tiffany & Co. for $7,500, COACH shearling wristlets available for $65 at Macy's, a $228 Cowled Cashmere Tunic at Anthropologie and a Limited Edition Costello Hydration Essentials Set for $29 at Kiehl's Since 1851.

For him

Gifts available at Westfarms to say "Happy Holidays" to your favorite guy include a Lucky Brand horizontal cable shaw for $149, a Seiko Coutura watch for $495 at Lord & Taylor and the Fitbit Surge for $249 at the AT&T Experience Store.

For the kids

When shopping for the little ones, look no further than Westfarms where you will find Star Wars slippers for $46 and The North Face, Baby Girls Thermoball Bunting for $120 at Macy's and the Xbox One Bundle for $399 at The Mircosoft Store.

From the heart

There is still time to make your own holiday gifts

by Sloan Brewster and Alicia B. Smith
LIFE staff

When getting ready to hang stockings by the chimney with care this year, why not make your own stockings?

Homemade gifts do not have to be intimidating and are a unique way to show friends and family how much you care. Marion Carling, owner of Village Wool in Glastonbury, assured there was plenty of time to make a knitted or crocheted gift. This year, many of her customers are coming in to make infinity scarves, towels and fingerless mittens, while a few are sticking with traditional mittens.

"There are things out there that are very simple," Carling said.

For those who have never knitted before or perhaps it's been awhile, Carling said knitting is a skill that needs to be learned.

"It's not something that you can automatically pick up," she said.

Her shop does offer a weekly-drop in knitting session Thursday evenings where newbies may be able to learn some tips and get started. For those whose needle skills may be rusty, there are simple projects, like the aforementioned infinity scarves or a regular scarf, which Carling said is basically a long rectangle.

PET SUPPLIES PLUS®

Sale Prices Valid Nov. 30 - Dec. 30, 2015.

'TIS THE SEASON TO SAVE BIG AND SPOIL US.

HUNDREDS OF GIFTS UNDER $10 WITH CARD

$2.98 WITH CARD
BUTCHER'S BONES HAM BONE
16-Oz.
YOU SAVE $1.00

$5.98 WITH CARD
LENNOX RAWHIDE ROLLS
18-Inch
YOU SAVE $2.00

$9.98 WITH CARD
LENNOX FEMUR BONE
16-Inch
YOU SAVE $2.00

$9.98 WITH CARD
ROSCOE DOG BEDS
Cuddler Beds
YOU SAVE $10.00
*While supplies last.

SPOIL THE KITTIES ON YOUR NICE LIST

20% OFF WITH CARD

KONG, PETLINKS, PETSTAGES & JACKSON GALAXY CAT TOYS
Select Styles
$3.98 - $31.98 AFTER SAVINGS

SYNERGY LABS XTREME CATNIP LEAF
0.5-Oz.
$3.48 AFTER SAVINGS

MISSY CAT HUTS
Brown, Blue or Pink
$19.98 AFTER SAVINGS

CONNECTICUT STORES ARE FAMILY OWNED AND OPERATED.

BRISTOL	GROTON	MANCHESTER	WEST HARTFORD	WETHERSFIELD	WETHERSFIELD
1168 Farmington Ave.	646 D. Longhill Road	283 W. Middle Tpk.	2480 Albany Avenue	1773 Berlin Turnpike	1142 Silas Deane Hwy.
860.585.5544	860.446.0022	860.533.9780	860.570.2461	860.563.3110	860.563.3510

Holiday LIFE

Top photo: A handmade gift by Grace Epstein. She made catnip pillows with catnip that grows on the The Ethel Walker School campus. Above left: Grace Epstein of Simsbury creates ceramic mugs for holiday gifts; Above right: Epstein also makes jam, including strawberry rhubarb and blueberry, and gives it away as gifts for the holidays.

"People who are not knitters can pick up projects like that," she said.

Carling has several customers who get busy this time of year because they are making homemade knitted gifts for their loved ones. She said hats and even Christmas stockings are popular gifts.

"I really think it's more personal," she said of the homemade option. "It just shows more thoughtfulness; you are thinking about what someone would want. Also, it's enjoyable to make. Usually, people do it because they enjoy knitting and crocheting. For them, it's a sort of creative expression, and they are able to make a nice gift for someone."

For those interested in knitting one, pearling twice, but are not sure of what to make, Carling stocks several magazines in her shop that are specifically for gift making.

The Claypen in West Hartford is another great alternative for making a unique gift for a friend this holiday season. The walk-in studio carries a wide selection of gift ideas that can easily be personalized – coffee mugs, picture frames, platters and more – that guests can choose and paint for themselves.

There is no need to worry about whether or not artistic skills are in abundance; the staff can help and they also offer a number of stencils and tape for straight lines to assist those who are less confident about free styling with a paintbrush.

In addition, patrons can try their hand at glass fusion, another creative option, where guests begin with a glass base, arrange colorful glass on top of the piece before it's put in the kiln to fuse, and later it returns to the kiln to be shaped into a bowl or any number of other items.

"This time of year is our busiest," Stephanie Yearsley, store manager, said. "People want to come in and create something useful for someone."

A popular gift item at the studio is taking handprints or footprints of children to be given as a gift for grandparents.

Yearsley said at least half of the studio customers come in to make an item for someone else.

"That is more tangible. You have to use your imagination," she said of painting an item. "We love so much being a part of people's memories and gift giving, it's true. We see people come in and really put themselves into it. It's personal. They are keepsakes; they are memories."

Christmas does not take a break for many customers of Thistle Needleworks in Wethersfield. Owner Judi Solomon said many of her customers are in gift making mode all year long.

"There is satisfaction in putting a little love into everything you are doing – you are thinking about that person as you are making it," she said.

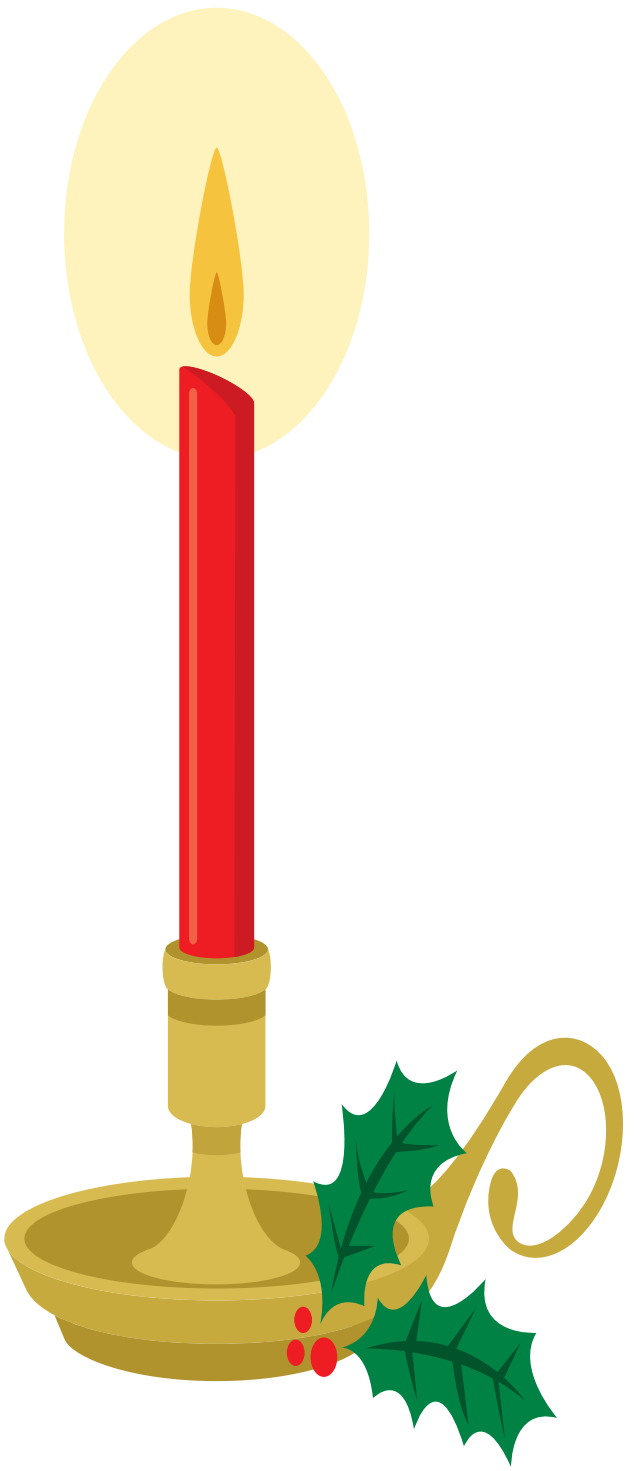
The shop offers a number of classes, and one of her students told her she was making a gift for her pending great-grandchild and said the project was something she could do from her hands and heart.

Solomon's shop carries a number of items for counted cross-stitch, needlepoint, crewelwork, hardanger (a type of embroidery) and more.

Customers can find kits to help them on a complete project or all the materials needed to create their own.

Among the gift items to select from are wall hangings, pillows, ornaments, Christmas stockings, bracelets and cuffs, purses and wallets, boxes, trays and mirrors.

"To me, boxes are both functional and decorative. They are always a nice item to make," Solomon said.



O'Reilly's
IRISH GIFTS
From Peat for your Fireplace, Clothing for the cold
Jewelry for your loved one and Food for your table
We have it all.

Wishing all our customers a Merry Christmas
and a Happy and Prosperous New Year
Enter to win our monthly prize.
Text OREILLYS to 22828
248 Main St. Farmington CT
(860) 677-6958
WWW.GOTIRISH.COM

Holiday LIFE

She has been doing needlework since she was a child and assured that anyone can pick it up or take a refresher class.

"I love needlework and I love to share it," she said.

Lilah Kelly, a student at Simsbury's The Ethel Walker School and a resident of Rocky Hill, prefers to make gifts.

"I don't really like buying things," she said. "I feel like I put more of myself into it when I make them. I know that sounds really cheesy, but it feels like it's more from me than from a store."

This year, she is embarking on a new project she discovered on Pinterest for her parents' gift.

"I'm making sort of like a folded book sculpture. The word 'joy' is being folded into it," she said.

With each calculated fold, she will transform the pages inside the book until the folded pages form the word.

To assure the folds will fall together correctly, Kelly counted the pages and determined exactly how to craft each fold, she said. Still, it's not too complicated, and directions and pictures of similar projects can be found on Pinterest.

As of Nov. 1, the endeavor, which was doubling as an art project, was not yet completed and was taking a little longer than Kelly anticipated. At that point, she had been working on it for about two months in art class and devoting about an hour to it each weekend.

Gift making projects she has completed in the past include potholders, friendship bracelets, sewn pillows and Christmas ornaments.

Grace Epstein, a Simsbury resident, art teacher at The Ethel Walker School and Canton Art League member, is also big on making gifts.

"Generally, what I have done is whatever I like making becomes a present," she said.

She especially enjoys showing up at the holidays with a basket of unwrapped handmade treasures and telling family members to choose what they like.

"It usually is something kind of fanciful," she said. "It gives them the opportunity to pick what they want."

While some of her projects are artsy, such as sculpting ceramic mugs and firing them up in her kiln or one at the school, she has also made simpler creations.

She's done knitting, making hats and such, and likes making catnip pillows, using catnip, which grows all over campus.

"It's just a simple little thing," she said. "It's a good product."

Epstein also makes jams and loves blueberry jam, she said. The simplest way to make it is to buy frozen fruit, though fresh works, too. Prepare the fruit, getting rid of the stems and seeds if using fresh, and cook it up with pectin and sugar.

The cooking process only takes about 10 minutes and then, after the jam is sealed in jars, it's placed in boiling water for 10 more minutes, she said. Cool the jam and use it within a year; one batch makes about 10 four-ounce jars.

Avoiding the stress of stores during the holidays, making homemade gifts are an option for people of all levels of craftiness and shows an extra amount of care for the gifts' recipients. **GL**

Village Wool is located at 2279 Main St., Glastonbury. For more information, call 860-633-0898. The Claypen is at 997 Farmington Ave., West Hartford. For more information, call 860-233-3322 or visit www.theclaypen.com. Thistle Needleworks can be found at 506 Silas Deane Highway, Wethersfield. For more information, call 860-257-2718 or visit www.thistleneedleworks.com.

Something as simple as framing photos in handmade frames or scrapbooking memories of family and friends can be a big way to show how much you love someone this holiday season.

Feng Asian Bistro
110 Albany Tpke.
Canton
860-693-FENG(3364)
93 Asylum St.
Hartford
860-549-3364
www.FengRestaurant.com
Ginza Japanese Cuisine
14 Wintonbury Mall
Bloomfield
860-242-8289
1295 Silas Deane Hwy.
Wethersfield
860-563-8855
www.GinzaCuisine.com

Courtesy photo

Nutritionist Kate Gagnier wants clients to feel comfortable when they come to POP Weight Loss.

Changing the way you eat – for life

POP Weight Loss opens here

by Mara Dresner
Staff Writer

If one of your New Year's resolutions is to get your weight under control, there's a new option in town to help you achieve your goals: POP Weight Loss. POP, a medically supervised weight-management program, is an acronym for "personal one-on-one program." The POP concept was started founded in New Jersey in 2008 by two physicians, Rebecca and Joseph Cipriano.

Donna Nucci and Kerry Potts, both registered nurses, opened the first POP location opened in Old Saybrook in March 2014 and also own the new Glastonbury franchise.

"There are no supplements, no shakes, no meal replacements. We don't sell food. It's not like a Jenny Craig model," Nucci said. "When you become a client at POP, you meet with a nutritionist who does a meal plan for the week, weighs you in, does your measurements."

She said that the program can be helpful for people with diabetes, inflammatory illnesses, cancer or simply those who want to lose 20 pounds or so.

"Anyone can be a client. It's geared toward the person who wants to eat real food," she said. "It's a very personalized weight loss program."

That means that a 25-year-old who's trying to get pregnant will be following a different diet than a 70-year-old man with 50 pounds to lose. The program is guaranteed.

"If you follow the program, it's 100 percent effective," said Nucci, who tried a plan when she found her own weight was creeping up.

" People at Seabury are ageless. They love to travel, create and be engaged in life."

Renee Bernasconi,
Chief Strategy Officer

Seabury has collaborated with a top architectural firm on major development plans, including 68 new independent living residences as well as a salon, bistro, day spa and other luxury amenities.

If you'd like to learn more, information sessions are held at Seabury every 1st Thursday at 1:30 p.m. and every 3rd Wednesday at 10:30 a.m.

Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail info@seaburylife.org

Seabury
An ACTIVE LIFE PLAN Community

200 SEABURY DRIVE | BLOOMFIELD, CT 06002-2650
(860) 286-0243 | (800) 340-4709
WWW.SEABURYLIFE.ORG | INFO@SEABURYLIFE.ORG

BEST OF Hartford MAGAZINE 2009 2010 2011 2012 2013 2014 2015

TurleyCT COMMUNITY PUBLICATIONS

READ LIFE ONLINE AT www.TurleyCT.com

Courtesy photo

Donna Nucci and Kerry Potts are cofounders of the POP Weight Loss locations in Glastonbury and Old Saybrook.

"We're looking specifically every week at what the person is eating and changing different things and pairing different things together."

Clients choose how long a program they want, with six-week, three-month and six-month options. Clients frequently refer others to the program, and are paid $50 for each referral.

In addition to the individual meetings with the nutritionist, they host talks about health topics, as well as offering discounts to other businesses. Nucci also is hoping to go to some restaurants in Glastonbury and determine which menu items are POP-friendly.

"POP is a program like no other. I think it's amazing I get to focus on nutrition education with my clients and also be a part of their weight-loss journey. Weight loss can be a confusing and scary process. It's important to me that my clients feel comfortable and at ease when coming to their meal plan and weigh-ins," said Kate Gagnier, the nutritionist here and a graduate of UConn with a degree in nutritional sciences. "I'm excited to be a part of POP for many reasons but one stands out to me the most. Being able to change my client's lifestyle is the most rewarding to me. Knowing they are becoming healthier and happy in their own body makes me feel like I am really helping the community. I can really say I have a rewarding career."

Nancy Hayden of Ginger & Pickles learned about POP at a Middlesex Chamber of Commerce event over the summer.

"I couldn't believe how warm and friendly and interested they were. They really stood out from all the other vendors. They were genuine. They weren't really trying to sell anything," said Hayden,

Visual Perceptions

Eye Examinations
Eyeglasses
Therapeutic Eye Care
Sunglasses
Value Price Packages
Contact Lenses

KIDS' SPECIAL
16 Years Old And Under
50% OFF
Complete Frame & Lenses
With this coupon. Some exclusions apply.
See store for details.

Only $199
Complete Contact Lens Package
Includes Professional Fitting, One year supply of Proclear® monthly disposable contact lenses. Follow up evaluation, Cleaning System.
With this coupon. Separate eye exam is needed. Coupon must be presented when order is priced.Not to be combined with insurance benefits. No other discounts or offers apply. Offer expires 12/31/15

1/2 OFF
LENSES
WITH PURCHASE OF FRAME
With this coupon. Some exclusions apply. Coupon must be presented when order is placed. No other offers or discounts apply. Cannot be combined with vision plans, insurance plans, or any other offers. See store for details. Offer expires 12/31/15

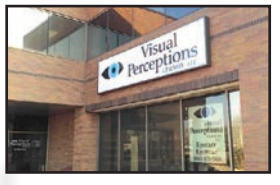
www.visualperceptions.com
Gift Certificates Available ~ Se Habla Español

ACCREDITED DRY EYE CENTER
Most Insurances Accepted including:
Anthem, Medicare, Aetna, Connecticare, VSP, Medicaid & More. Some lens restrictions apply.
855-621-5095

With 3 Convenient locations serving the Greater Hartford Area

38 Fenn Road, Newington

2162 Silas Deane Hwy, Rocky Hill



348 Hartford Tpke,Vernon

Give the
Gift of Memories
with a travel gift certificate,
the perfect holiday gift

Don't forget to come by and pick up your luminarias. All proceeds benefit the Keane Foundation.

Wethersfield Travel

CELEBRATING 25 Years 1990 - 2015

Gift Certificates can be used toward vacation packages, flights, hotels and more.

219 Main Street
(860) 257-3775 www.WethersfieldTravel.com

who signed up for the program in the beginning of November. "One of the things [they] said was, 'Some people need help with a diet, some people need motivation, some people need to learn how to exercise. Whatever aspect it is, we can help you with that.' Most places are very focused on either exercise or you follow a diet."

Hayden has enjoyed some of the specific suggestions they've made, such as having a midday snack of fruit and peanut butter, or vegetables and guacamole.

"The diet itself is exactly what I was looking for. I did a high-protein, low-carb diet. There were very fast results but it's really hard to maintain. You just can't eat like that forever. This is a much more balanced diet," said Hayden, who said she'd planned to make the drive to the Old Saybrook location and was pleased to see a POP in town. "It was very convenient timing for me."

She also is impressed by some of the extras they offer, such as recipe exchange evenings.

"I think that they are sincerely interested in helping people and I think they are very committed in helping people be successful," she added.

With her work in the food industry, Hayden has some special challenges and she said that POP has been helpful and nonjudgmental, such as when she was teaching a recent Thanksgiving cooking class.

"I had to sample some of the food. That can lead to a downfall," she said. "They said, 'That's what's going to happen; let's come up with a strategy.' I need to eat dinner first, then a little taste is satisfying and that's enough."

While Gagnier will see most clients, Nucci and Potts are available to deal with more complicated cases and will have office hours. They also work with clients on the phone and through email as needed.

"We do feel we're life-changing. Every day we hear, 'This program has changed my life.' This is the last program they'll need. They'll eat this way for the rest of their life."

–Donna Nucci

Clients start by paying for a consultation.

"We'll tell them about the program and review what they are eating. Ninety-nine point nine percent of people who come in for consult, do a program," Nucci said. The consultation fee may be applied to a program. "It's a pretty easy sell."

They're also available for corporate wellness programs.

So far, Nucci, who looked at Fairfield and West Hartford as possible locations, is finding Glastonbury to be "very welcoming."

"It just seemed like a natural fit for us," she said.

She emphasizes the personal touch.

"At Pop Weight Loss, we want people to feel like they're family. We care about their health," she said. "We do feel we're life-changing. Every day we hear, 'This program has changed my life.' This is the last program they'll need. They'll eat this way for the rest of their life." **GL**

Pop Weight Loss is at 2389 Main Street. Email kgagnier@popweight-loss.com, call 860-339-5461 or visit popweightloss.com.

AIRPORT
AuToBody
ROAD
Bring Your Car Back to Life!
You have a choice when it comes to collision repair.
Our facility will restore your vehicle ... from the largest repair to the smallest dent.
80 Airport Road, Hartford
860-296-BODY
860-296-0304
airportroadautobody.com
FAMILY OWNED and OPERATED
since 1983, we strive to provide only the best quality workmanship and customer satisfaction in a professional working environment.
TESLA
TAKE COMFORT in knowing that Airport Road Auto Body is a specially trained Collision Repair Center that employs the latest technologies and equipment to remain OEM Certified.
Let us handle your INSURANCE CLAIM from START to FINISH.
Cadillac
Mercedes-Benz
RANGE ROVER
JAGUAR
BMW
A top of the line collision repair facility servicing all models.
Specializing in BMW, Mercedes, Mini, Cadillac, Jaguar, VW & Range Rover
Certified VW, JAGUAR, RANGE ROVER & TESLA

Slice of LIFE

photos by Brian Ambrose

1

2

3

4

Open house at the town's boathouse

It was a beautiful afternoon at the open house at the town's boathouse. Close to 300 guests showed up to enjoy food and music. 1. Pat Becker, Ann Fairbanks, Will Britnell, Faith Britnell enjoy the view from the deck. 2. Mike Berch enjoys an oyster from Max Catering. 3. Ethan Sperry, Wendy Williams and Linda Sperry talk with the staff from David Alan Catering. 4. Town employees Kathryn Kell and Kristen Michaels provide guests with information about the boathouse. 5. Rich Gumpert, a disc jockey from Power Station Events, entertains the guests. 6. Irving Hopkins, Don Reid and Nancy Caruso enjoy food and conversation. 7. Ellen Veloz and Glendys Mezerewski check out information about select vendors. 8. Walter Lamoureux and his wife, Caroline, enjoy a taste of champagne. 9. The interior of the boathouse can hold a crowd. 10. Chef Scott Miller, managing partner of the Max Group, prepares a sampling of turducken. 11. Judy Harper, Linda Swarz and Linda Lewis enjoy the beautiful afternoon. 12. Sarah Tilley of Max Catering hands out food. 13. Molly Carron scoops a handful of candy.

5

6

7

8

9

10

11

12

13

Wooden it be wonderful?

Sharon Ambrose's dollhouse village is a delight in all seasons

by Nancy Thompson
Editor

Skaters glide across a frozen pond or gather in a warming hut for a rest. Nearby, holiday shoppers walk through the village, stopping to browse at the village's general store or pick up some sweets at Charity Chestnut's Cakes & Confections. The women gather at Millicent Mullberry's millinery, right next door. In the village parsonage, Pastor Applewood's wife entertains a friend, while across the way the younger members of the Forest family play with their wooden dolls.

Welcome to Wooden Haven.

The mid-1800s village is the creation of Sharon Ambrose, who has been working on it for about 20 years.

Ambrose's father, an accomplished woodworker, made a couple of wooden boxes, dollhouse

Above left: Sharon Ambrose has spent several years creating and assembling Wooden Haven, an entire dollhouse village in the family's basement.

Above right: Notice the tiny chamber pot under the bed in the Forest family home.

Above bottom: The parson's wife and a friend enjoy a visit in the parsonage's living room.

One of our many
"Rehab Star Graduates"
We Serve and Welcome
The Entire Community
Served over 2,000 individuals from
our surrounding communities
Short Term Rehab ~ Respite Care
Long Term Care ~ Memory Care
Skilled Nursing Care ~ Outpatient Rehab
Pilgrim Manor
Health & Rehab
A Covenant Retirement Community
5 Star Medicare Rating
52 Missionnary Rd. • Cromwell 860-559-5408 covenantvillageofcromwell.org

RONCARI AUTO RENTAL LLC
• No Seasonal price hikes.
• Cars are thoroughly sanitized before every rental.
• 10% discount on POSTED RATES BELOW for StarCard Members and their out-of-town colleagues and corporate associates, AAA, Costco, BJs, and Sam's Club.
• Plus all applicable airport fees and taxes.
2015 Kia Forte Economy Size
$47.95/Day – Everyday
2015 Kia Optima Standard Size
$59.95/Day – Everyday
Must make reservations at:
roncariautorental.com
Offer Expires on
12/31/2015
1-800-555-6540

rooms, for her two daughters one year at Christmas. They enjoyed playing with them when they were young, but when the family moved to a new home, the girls were old enough that they'd lost interest in playing with dolls and the boxes ended up in the attic.

One year, Ambrose took them out and decorated them for Christmas. Then she asked her father to make a couple more rooms and populated them with more wooden peg dolls. "So now it was a saltbox," she said.

People saw the dollhouse and asked how the visiting dolls got there, so Ambrose bought a sled. Eventually, the display was getting in the way, so she and her husband, John, moved it to the basement.

"Then I had all the room in the world. My dad made some furniture, and I made some furniture, and then this happened," she said, waving her arm at what has become a room-sized village with homes, businesses, a church, a town green, and lots of people. "It's kind of grown."

Ambrose changes the village decor for spring and summer, and again for Halloween and Thanksgiving, but her favorite is Christmastime, with tiny decorations and a bustling village center, and a glowing electrical fire in one of the homes' tiny fireplaces.

Because it's a wooden village populated by wooden dolls, she called it Wooden Haven. But she didn't stop there. Among the local residents are Dr. Silas Willowbark, innkeeper Josiah Ash, and cabinetmaker Jacob C. Pinetop. In fact, everyone in the village has a wood-related name.

Above: **The Forest family's children play with their tiny dolls in the children's room of their home.**

Right: **A tiny wooden doll gives her children a ride in the family's sleigh.**

The village is furnished to the tiniest detail, including a chamber pot under a bed in the Forest home, and a cribbage board, Ouija board and box of bone dice on a table in the family's parlor.

A frustrated designer

Ambrose grew up in Wethersfield and was an only child. "I had a lot of dolls," she said. "They were my buddies." She said she loved going to G. Fox in Hartford, where she would visit the Connecticut House, a full-size display that was redecorated every month with a new collection of furniture. She never lost her interest in design

Nancy Thompson photos

FUSION SUSHI • HIBACHI • OPEN LUNCH & DINNER • TAKE-OUT AVAILABLE

$10 OFF
your Dinner Check for a Party of 4 or more
Dine in only.
Sakura Garden Japanese Steak House
Glastonbury
With this coupon. Expires 1/31/16

· Enjoy gourmet Japanese cuisine where chefs prepare fusion sushi at your table.
· Hibachi area seats 18 to a table.
· Check out our martini menu.
· Happy Hour everyday 4pm - 6:30pm with Drink Specials

Holiday Gift Cards Available

120 Hebron Ave., Glastonbury • 860-430-5600

Give the Gift of Health

Kathy's URGENT CARE

Dr. Thomas Brown

The holidays are a great opportunity to enjoy time with family and friends, to be grateful and reflect on what's important. They are also a time to appreciate the gift of HEALTH. Please visit us on Facebook for some holiday tips to support your health and safety during this holiday season.

Most Insurances Accepted Including Husky/Medicaid
860-967-3600 www.kathysurgentcare.com
672 Silas Deane Hwy. • Wethersfield
(Adjacent to TD Bank at the intersection of Silas Deane & Wells Rd.)
Find us on Facebook

READ LIFE ONLINE AT www.TurleyCT.com

Nancy Thompson photos

Above: The general store has many items for sale.

Left: The Wooden Haven lighthouse towers over the shop of Wooden Haven's cabinetmaker.

and architecture.

"I just love houses," she said. "Most of the books on my bookshelves are about houses, mostly antique colonial houses. I love the design both inside and out. I think I am just a frustrated architect/designer."

Ambrose said she considered a career in that area but instead earned a degree in education. She has been a tutor at Naubuc Elementary School for more than 25 years.

"My fascination with housing design remained just a dream," she said. "The village has become a wonderful way of acting on the dream and making it more of a reality."

Ambrose does more than simply buy furnishings for her village. She's done the finish work on many of the village's 15 rooms, often using a "little tiny" miter saw, weaves some of the rugs, and does the painting and wallpapering herself. She does buy the dolls, which she finds online and in specialty shops here and out of state, but often creates their clothes. Some of the paintings are miniatures done by Christopher Gurshin, a local artist with whom she has studied. She and Gurshin and his wife, Janice, have become friends.

"We met Sharon several

Glastonbury Rotary Club
P.O. Box 67
Glastonbury, CT 06033

Purchase a BRICK for the Brick Walk at the Glastonbury Rotary Riverfront Park Pavilion

Buy an engraved 4" x 8" brick for Mother's Day, Father's Day, graduations, birthdays, or a memorial.
Pricing begins at $95 per brick.
Small images and special requests are available and individually priced.
12" x 12" granite PAVERS are also available - perfect for showcasing your business or service. Space is limited. First-come, first-served.
To receive your order form, complete and mail this ad to Glastonbury Rotary Club, P.O. Box 67, Glastonbury CT 06033, or go to our website:
www.glastonburyrotaryclub.org
email: jpj@jaconettalaw.com or call Joe Jaconetta, 860-657-8805

Name: _____
Address: _____
Email: _____
Tel. #: _____ Best time to call: _____

WANTED:
PAINTINGS • FINE ART
ALSO BUYING:
JEWELRY • GOLD • SILVER • POTTERY • MODERN FURNITURE
MOST ITEMS OF VALUE
10 MILLION AVAILABLE FOR FINE ART PURCHASES
www.freeartappraiser.com
860-306-6338 (Gary)
Private Sales and Brokering

READ
LIFE
ONLINE AT
www.TurleyCT.com
Turleyct
COMMUNITY PUBLICATIONS

Nancy Thompson photos

Above: **Members of the Forest family sit in their parlor.**

Right: **This tiny chest, built by James Hastrich, is in one of the Forest family's bedrooms.**

years ago," Janice Gurshin said. "She was in Emmy Lou's gift shop and noticed an announcement for a painting class that Christopher was conducting at Longfellow's Wayside Inn, in Sudbury, Massachusetts. "She has visited Christopher's gallery many times to put the finishing touch on her paintings and has purchased many of his smaller items that have fit perfectly into many rooms of her village. Each time she visited she would tell us about the doll house village and we were intrigued. She invited us to see it and as intrigued as we were, we had absolutely no idea it would be so wonderful. My jaw literally dropped as I descended the stairs to her basement. We both were awestruck at what we saw. The size, the detail and unbelievable workmanship and talent that Sharon has put into each and every room is outstanding, and her imagination and creativity in searching and using materials to painstakingly build so many of the sections was amazing."

Gurshin described Ambrose as "a very lovely person and an extremely enthusiastic, creative person," adding, "She has put her heart and soul into creating an authentic colonial village in miniature. She has boundless energy and imagination." **GL**

JENKS PRODUCTIONS presents the 31st Annual Connecticut

BRIDAL EXPO

New Englands **LARGEST** & Most Complete **Wedding Show**
with Exhibits, Live Entertainment & Dazzling Fashion Shows

January 9th - 10th, 2016
CT CONVENTION CENTER
100 Columbus Boulevard • Hartford, CT
Sat. & Sun. 11am-5pm

MEET Heidi Ehora FROM TLC'S BRIDE BY DESIGN Saturday & Sunday!

OVER 250 COMPANIES:
Bridal Shops • Formal Wear
Invitations • Florists • Photographers
Videographers • Caterers • Jewelers
Bands • Disc Jockeys
Entertainment
Make-Up & Hair Stylists
Travel Agents • Banquet Facilities
Hotels • Wedding Consultants
Limousine Services
Horse & Carriage Services
Gifts & More!

REGISTER TO WIN OUR FANTASY WEDDING PACKAGE
(Including honeymoon, tuxedos, rings, cake & flowers)
AT JENKS PRODUCTIONS.COM OR AT THE SHOW!

MEDIA SPONSORS: KISS 95-7 · Hartford Courant · FOX CT

ADMISSION $12 | REGISTER ONLINE FOR $1 OFF ADMISSION
WWW.JENKSPRODUCTIONS.COM • (860) 563-2111

Turning 65?

NEW TO MEDICARE?

Find out more information on Medicare Plan Choices!

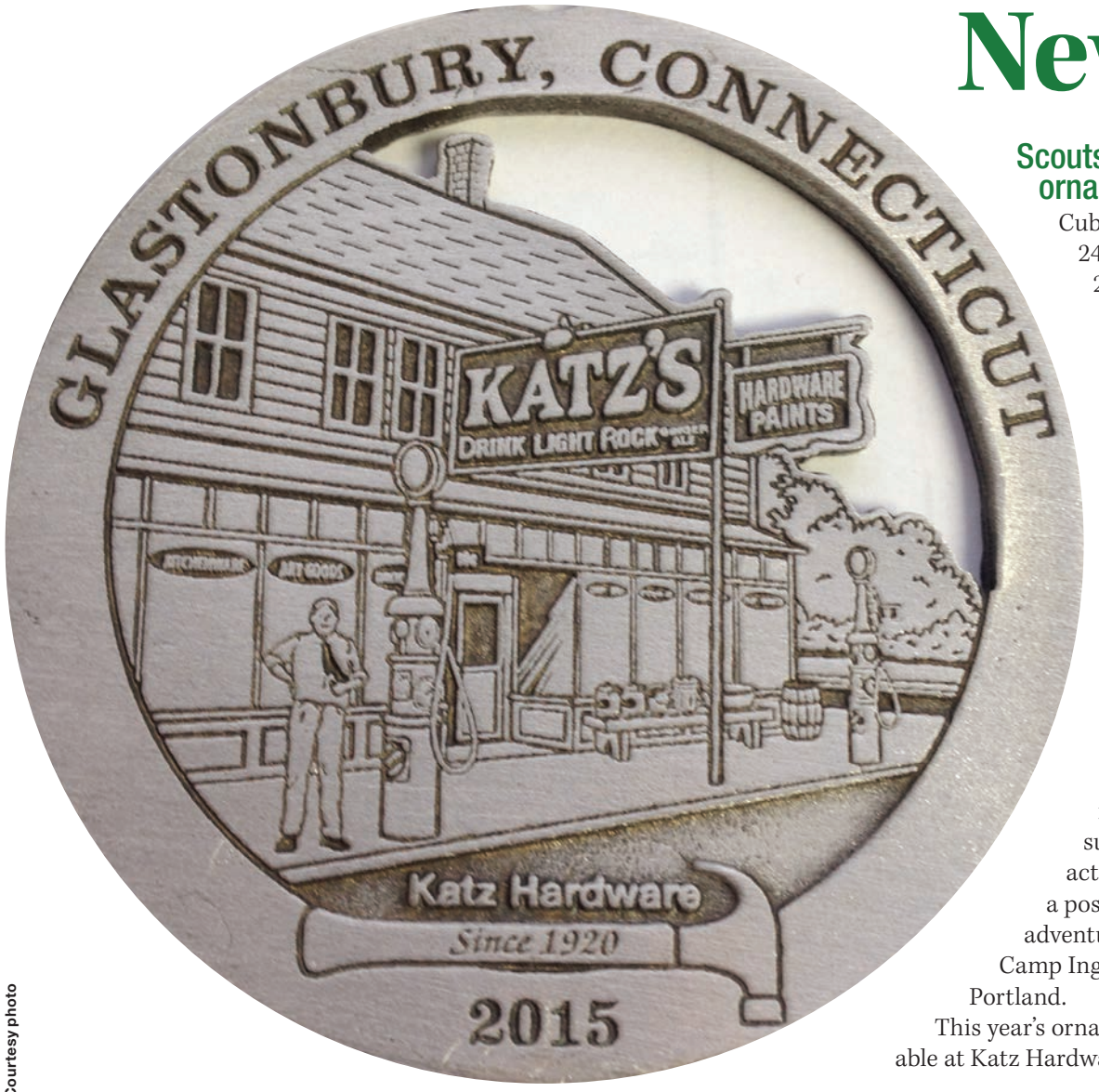
7 Dickinson Rd., Marlborough ~ (860) 295-9350

CALL US TODAY!
Walk-ins Welcome!
Home visits available!
Call us to Compare plans & save!

Your Medicare Solutions Specialists!
Servicing & Assisting Seniors for over 25 years

HEALTHCARE ASSOCIATES
7 Dickinson Rd., Marlborough, CT
Call Us Today! 860-295-9350
www.medicareinfo-ct.com
• Ask about Stand-alone Dental •

News roundup



Courtesy photo

Scouts selling ornaments

Cub Scout Pack 241's ornament for 2015 features Katz Hardware store. The scouts have been honoring the town's heritage with pewter ornaments for 25 years. Proceeds from the sale, which is the pack's only fundraiser for the year, will support scout activities, including a possible trip to an adventure camp at Camp Ingersoll in Portland.

This year's ornaments are available at Katz Hardware and by emailing cubscouts@pack241.org, and all 25 are available at Emmy Lou's Ltd.. Katz Hardware is offering a coupon for 10 percent off most regular-price merchandise and will donate 10 percent of the purchase price to scouting.

A golfing mystery

Workers for Gondek Construction found an old set of golf clubs stores in the attic of a house they were renovating on Quarry Road. After doing some research, employees at The Connecticut office of the Professional Golf Association believe the clubs, with have "Kearney" on the shaft and appear to date from the 1920s, May have been those used by Maurice Kearney to fin the first Connecticut PGA championship, which took place at the Wampanoag Country Club in 1929. Anyone who has any information that might help solve the mystery is asked to pass information along to the PGA Connecticut Section office by sending an email to Conn@pgahq.com or calling 860-430-2302.

Photo contest entries sought

Amateur photographers are being invited to submit as many as three nature photographs for the 20th Annual Our Natural World photo contest at the CT Audubon Center. Photos must fit into one of the following categories: plants, animals, birds, butterflies and bugs, landscapes, nature's miracles and people in relationship with nature. Official rules, including maximum sizes, entry forms and other information is available at ctaudubon.org/Glastonbury. There is an entry fee of $20 for each photograph.

Youths also can enter, with an entry fee of $10 for each photo.

Three experienced photographers will judge and select the winning photographs before a reception scheduled for January 29 from 4 to 7 p.m. The photos will be on display February 3 through 28. To learn more, call 860-633-8402.

Local schools recognized

Several schools have been recognized by the Connecticut Association of Schools. Buttonball Lane Elementary School was honored for its faculty cheer committee, Eastbury Elementary School for its student council, Gideon Welles School for its supportive services program, Naubuc Elementary School for its before- and after-school programs, and Smith Middle School for its school counseling program.

High school teams are winners

Glastonbury High School has won the Class LL championship in boys' and girls' soccer and girls' cross country. The boys soccer team defeated Darien to become the first team in state history to win three consecutive Class LL titles, and the girls soccer team scored five goals against Ridgefield for a second straight Class LL championship and its third in five years. It was the team's 41st consecutive victory, including 23 this season. The boys soccer team also won the Central Region, Blue Division and the girls soccer team also won the Central Connecticut Conference tournament and the Central Region, Blue Division.

In addition to winning the Class LL championship, the girls' cross country team won the Central Connecticut Conference tournament and the Central Region, Blue Division.

Helping collect toys for tots

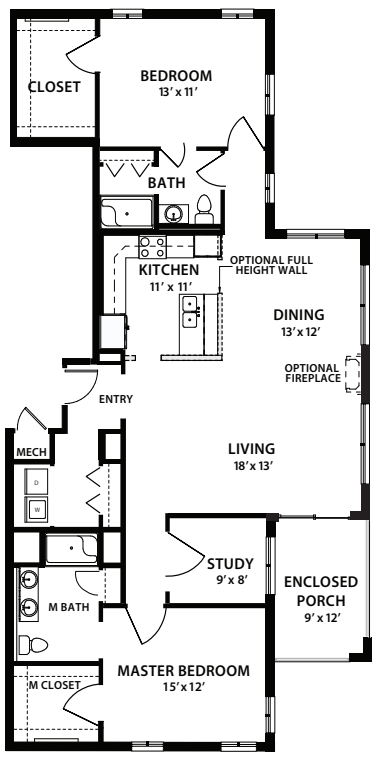
Employees at ZAG Interactive are working with Toys for Tots to collect toys for children in need. Toys for Tots, which has been collecting toys since 1947, has placed donation bins in the lobby of ZAG Interactive's local office at 148 Eastern Blvd. Residents can drop off unwrapped toys during regular office hours and enter to win a $50 Amazon gift card. To learn more, call 860-633-4818 or visit zaginteractive.com/workshop. **GL**

Courtesy photo

Myth: Retirement Communities = One Room Living

Not always! At Duncaster you enjoy all the comforts of home — your home, designed and appointed to your taste and style. Choose the number of bedrooms and bathrooms, or whether to include a home office. Whatever shape or size you select, you'll enjoy the view from your own balcony or patio. And it's all awaiting your distinctive personal touch. So, start picking paint colors. Because where you live should be as individual as you are.

Ask about individual garages.



860-380-5124

Make a reservation for a personal tour and have lunch on us.

Duncaster
Boutique Community Living

40 Loeffler Road, Bloomfield, CT | www.Duncaster.org

The UPS Store

Packed and shipped with confidence

Have more peace of mind with our Pack & Ship Guarantee*

We know how much time goes into your business. The UPS Store® is here and ready to help. Our Certified Packing Experts are professionally trained with the know-how to correctly pack and ship your items securely. If they're lost or damaged in transit, we'll cover the value of your items, plus the cost of packing and shipping.

Visit us at:

Griswold Shopping Center
2842 Main St
Glastonbury, CT 06033
P. (860) 633-0051
store0648@theupsstore.com
theupsstorelocal.com/0648

Store Hours:
Hours:
Mon-Fri: 8:00am - 6:30pm
Sat: 8:30am - 2:00pm
Sun: Closed

*If your package, packed by The UPS Store® center associates using new materials purchased by you and shipped via UPS® on that center's account, is damaged or lost in transit, you'll be reimbursed for your packing and shipping costs and your item's value (the lesser of actual value, repair or replacement cost in accordance with the UPS Tariff/Terms and Conditions of Service). At participating locations only. Restrictions and limitations apply. See center for details or visit http://www.theupsstore.com/products-services/packaging-shipping/Pages/guarantee.aspx The UPS Store locations are independently owned and operated by franchisees of The UPS Store, Inc. Copyright © 2015 The UPS Store, Inc. MS410_6260415

20% OFF PACKING SERVICE

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2015 The UPS Store, Inc.
Offer expires 12/31/16

The UPS Store

Events spotlight

Author Zachary Lamothe

January 31, 2 p.m.
Friends Room, Welles-Turner Memorial Library
Wtmlib.com or 860-652-7720

Lamothe will talk about his book, "Connecticut Lore: Strange, Off-Kilter, & Full of Surprises", and its sequel, "More Connecticut Lore." The offbeat travel guides point the way to more than 50 unusual and out-of-the-way places in the state and describe unusual characters and locations many residents don't know about. Copies of this books will be available. Registration, which starts January 4, is recommended.

Poetry Here and Now

January 16, 2 p.m.
Friends Room, Welles-Turner Memorial Library
poet.laureate@glastonbury-ct.gov

This afternoon of poetry music and open mike performances is produced by Sandy Sergio, the town's poet laureate, and will feature several local poets, including Sergio, Andrea Barton, Kathleen Housley, Michael Lepore, Suzanne Niedzielska, and Mark Sheridan. The Three Magneatos will perform their unique style of blues, rock and Americana, and guests will be invited to read a favorite poem, with a special invitation to students. Refreshments will be served and books by the featured poets will be available for purchase.

15th Annual Glastonbury Martin Luther King, Jr. Celebration

January 18, 7 p.m.
Smith Middle School,
216 Addison Rd.
glastonburymlkci.org

This annual event, sponsored by the Glastonbury Martin Luther King Community Initiative, will feature presentations by high school students in skits, discussions and videos on a variety of subjects, including open choice education, gay rights, implicit bias, violence and urban challenges for youth. Alfred L. Carter, retired dean of students at Manchester Community College, will introduce each project, facilitate discussion and provide closing remarks. The Naubuc School Early Bird Choir and the Glastonbury High School madrigal singers will perform. There is no charge, but guests are asked to bring a non-perishable food item for the local food bank.

Courtesy photo

Amy Gallatin & Stillwaters

January 9, 7:30 p.m.
CT Audubon Society Center
1361 Main St.
860-633-8402 or ctaudubon.org

Amy Gallatin and renowned resophonic guitarist Roger Williams joined forces a few years ago to explore their mutual love of country standards, served up with an acoustic treatment in the bluegrass vein. The result is a toe-tapping blend of heartfelt vocals, soaring harmonies and red-hot picking, traditional yet modern and distinct. This concert usually sells out so reservations are strongly recommended. Tickets cost $15 for members and $20 for non-members. Admission for children younger than 12 is half price. **GL**

The Days of Shivering are Back!
STAY WARM WITH US THIS WINTER AT OUR AWARD-WINNING SENIOR LIVING COMMUNITY!
Enjoy fine kosher dining, transportation services, and a wealth of other amenities including membership to the Mandell Jewish Community Center and the Presidents' College at the University of Hartford. Contact Valerie at 860.523.3808 or vbartos@hoffmansummerwood.org today to learn more.
Hoffman SummerWood Community
A Member of the Hebrew HealthCare Family
160 Simsbury Road, West Hartford www.hoffmansummerwood.org
EQUAL HOUSING OPPORTUNITY

Minor emergency?
Wait online, not in line.
InQuicker
HOLD YOUR PLACE ONLINE
Scan here or visit stfranciscare.com for advance check-in details.
SAINT FRANCIS Care

January *calendar*

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

1

35th Antiques & Collectibles Show sponsored by the Glastonbury Exchange Club and featuring 138 booths and dealers from throughout New England. 9 a.m. to 4 p.m., Glastonbury High School, 330 Hubbard Sr. $8. Visit glastexchange.com for a discount coupon or for more information.

9

Amy Gallatin & Stillwaters in concert, 7:30 p.m., CT Audubon Society Center, 1351 Main St. $15 for members, $20 for non-members, half-price for children younger than 12. Reservations recommended. 860-633-8402 or cbartholomew@ctaudubon.org.

11

Board of education, 7:30 p.m., town hall council chambers, 2155 Main St. 860-652-7961 or glastonburyus.org.

12

Town council, 7 p.m., town hall council chambers, 2155 Main St. 860-652-7710 or glastonbury-ct.gov.

14

Live demonstration of OverDrive app with Max Rowe, Library Connecticut Inc., 6:30 p.m., Friends, Room, Welles Turner Memorial Library, 2407 Main St. 860-652-7720 or wtmlib.com.

16

Poetry Here and Now, an afternoon of poetry, music and open mike performance, 2 p.m., Friends Room, Welles Turner Memorial Library, 2407 Main St. No charge. Poet.laureate@glastonbury-ct.gov.

18

15th Annual Martin Luther King, Jr. Celebration, 7 p.m., Smith Middle School, 216 Addison Rd. No charge, but guests are asked to bring a non-perishable food item for the local food pantry. Glastonburymlkci.org.

19

Town plan and zoning commission, 7 p.m., town hall council chambers, 2155 Main St. glastonbury-ct.gov.

20

Glastonbury Chamber of Commerce annual business meeting and dinner, 5 p.m., Riverfront Community Center. $60 for chamber members, $75 for non-members.

22

Early-morning bird walk, 7:30 a.m., Connecticut Audubon Society Center, 1361 Main St. $5 for members, $10 for non-members. 860-633-8402 or cbartholomew@ctaudubon.org. Walkers are asked to call ahead to confirm.

Tami Cherdack Sherman, musicians from Congregation Kol Haverim and New Age jazz artist Jonathan Elbaz in concert, 6:30 p.m., Congregation Kol Haverim, 1079 Hebron Ave. No charge, but anyone planning to attend is asked to email tamimusic@cox.net with the number of people coming.

25

Board of education, 7:30 p.m., town hall council chambers, 2155 Main St. 860-652-7961 or glastonburyus.org.

26

Town council, 7 p.m., town hall council chambers, 2155 Main St. 860-652-7710 or glastonbury-ct.gov.

31

Zachary Lamothe, author of "Connecticut Lore: Strange, Off-Kilter & Full of Surprises," 2 p.m., Friends Room, Welles-Turner Memorial Library, 2407 Main St. Registration requested and begins January 4. 860-652-7720 or wtmlib.com. **GL**

Hassle Free Living

There's no place like
FEDERATION HOMES
ACCEPTING APPLICATIONS FOR OUR 1 AND 2 BEDROOMS WAIT LIST
156 WINTONBURY AVE., BLOOMFIELD
Affordable Independent Living for Older Adults 62+ and Individuals with Disabilities
Visit us at www.federationhomes.org
(860) 243-2535
Federation Homes, Inc. is sponsored by the Jewish Federation of Greater Hartford with funds provided by the Department of Housing and Urban Development.

Merry Maids is
Dependable, thorough cleaning • Bonded & Insured
Satisfaction Guaranteed • Can provide other home-care services
Loyalty/Referral Programs • Easily Customizable Cleaning
Outstanding Customer Service Strategies • Extensively Trained Employees
merry maids
860-563-8367
email: merrymaids.buckridge@gmail.com
Holiday Special!
Gift Certificates!
Take $20 OFF any gift certificate purchase
*must be a minimum of 2 hours
$99.00 OFF
$33.00 Off First Full House Cleaning
$33.00 Off 5th & 10th Cleaning
New customers only
Not valid with other offers.
CARPET CLEANING SPECIAL
$10.00 OFF
with minimum of 4 carpeted areas
Not valid with other offers.
$15.00 OFF
any window service. Minimum of 8 windows
Not valid with other offers.
$20.00 OFF
any gutter cleaning service.
Not valid with other offers.
www.merrymaids.com

READ LIFE ONLINE AT
www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS

Business Notes

Courtesy photos

Ryan Olschefskie has joined **Gottfried & Somberg Wealth Management, LLC,** as a wealth advisor. He worked with Fidelity Investments in West Hartford for 16 years.

The local branch of **Liberty Bank** and the Glastonbury Rotary Club raised $577, along with an additional $144 from the Liberty Bank Foundation, toward Foodshare's efforts to provide Thanksgiving meals for needs residents in the bank's service area.

Berkshire Hathaway HomeServices New England Properties, which has an office in Glastonbury, has received two awards for marketing from the Home Builders & Remodelers Association of Connecticut.

Cronin and Company, LLC, has hired four new employees and promoted three others. New employees are Maria Ciriello, management supervisor and Elizabeth Pace, senior account executive, both on the firm's account service team, Eliot Ross as a search and analytics assistant on the media and analytics team, and Brianna Barnes as an account executive on the company's public relations team. Emily Albohm has been promoted to account supervisor, Joseph Morelli is now a senior project manager, and Lindsey Wolejko is a senior account planner. **GL**

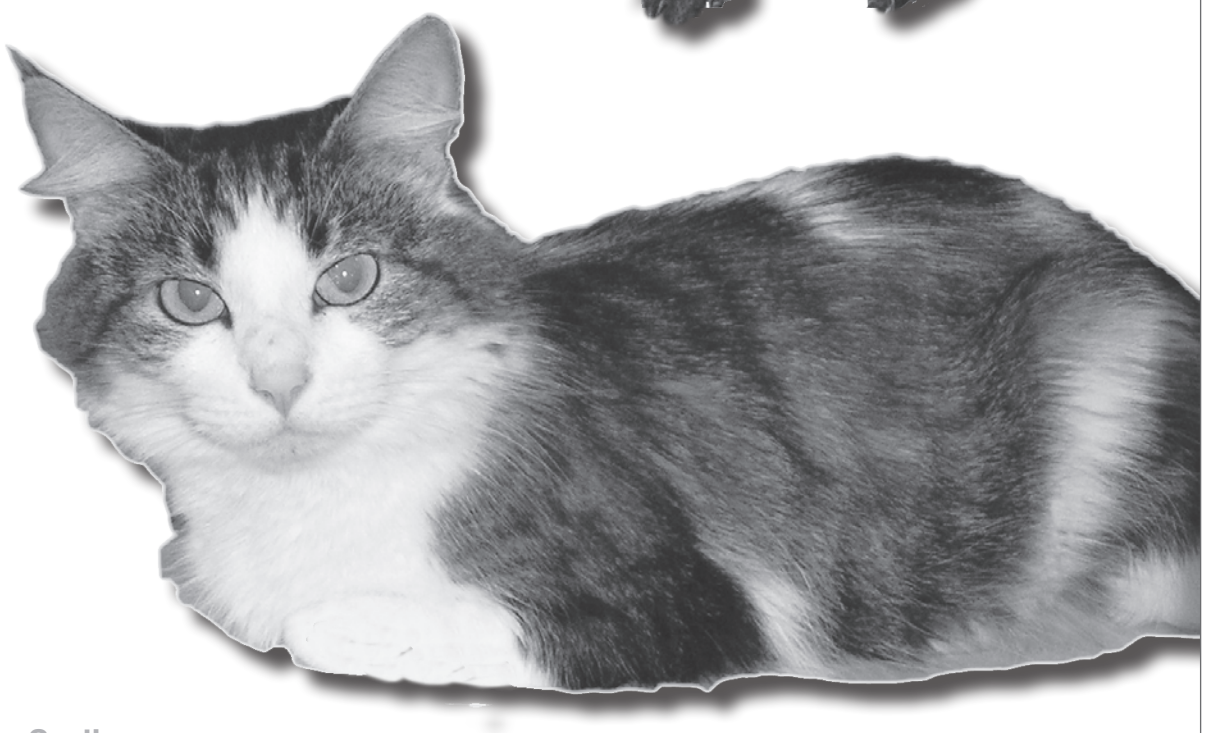
a new leash on LIFE

Inquiries about adoption may be made at the Connecticut Humane Society, 701 Russell Road, Newington. Call 860-594-4500. More information, including videos, can be found online at cthumane.org. Click on "Adopt" and "Newington." The Connecticut Humane Society is a private organization and has no time limits for adoption.

photos by Mark Jahne

Ray

Ray is a 1-year-old male hound mix. He would fare best in a single-family home or condominium. Ray does not like cats and has no prior experience living with other dogs. He is sweet and friendly but also has a lot of energy and needs daily exercise. A family with prior general dog experience is the best fit for him. Obedience training is required as part of Ray's adoption plan.



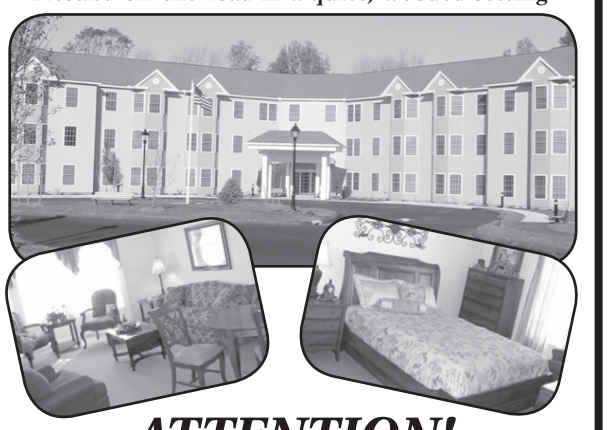
Carlie

Carlie is a gentle and loving feline who is 4 years old. A domestic middle hair with tiger and white markings, she prefers older children and teenagers and can cope with other animals in the home, as long as they are calm.

...Comfortable Living

There's no place like
FEDERATION HOMES
ACCEPTING APPLICATIONS FOR OUR 1 AND 2 BEDROOMS WAIT LIST
156 WINTONBURY AVE., BLOOMFIELD
Affordable Independent Living for Older Adults 62+ and Individuals with Disabilities
Visit us at www.federationhomes.org
(860) 243-2535
Federation Homes, Inc. is sponsored by the Jewish Federation of Greater Hartford with funds provided by the Department of Housing and Urban Development.

Sage Pond Place
1725 Berlin Turnpike, Berlin
Nestled off the road in a quiet, wooded setting!



ATTENTION!
APPLY NOW!
For Active Adults 55+
Rents Include Heat & Hot Water
- Central air!
- Fully Applianced Kitchens
- Community Room
- Picnic Area with Grill
- 24 Hour Emergency Maintenance
- Intercom System
- On-Site Laundry
- Library
- Ample On-Site Parking
- Secure Building

1BR rents are $875.00, 2BR rents are $1045.00
Income restrictions apply.
(860) 828-3958
Merit Properties, Inc. Financed by CHFA

READ LIFE ONLINE AT
www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS

EDUCATION

(Brian Ambrose photo)

Antonia Colletti uses shakers to play along with a song at a Music Together class.

Enjoying 'Music Together'

Preschool program encourages a love of music and movement

by Nancy Thompson
Editor

Mothers and other adults sit in a circle with the young children, clapping on their knees as Carrie Wechsler plays a lively tune on a ukulele. Later, they pound on the carpet, using it as a drum while they sing a song called "A Ram Sam Sam." The excitement in the room is palpable and the children's – and adults' – joy is obvious.

This is Music Together.

Each week, Wechsler and Jessica Nevins teach several sessions of the class, which is offered through the Glastonbury Parks and Recreation Department.

The class, which is offered to preschoolers and "the grown-ups who love them," includes singing, dancing, rhythm and rhyme. Some children participate fully, others do their own thing, and still others sit back and observe. It's all perfectly normal and okay with Wechsler and Nevins, who are trained instructors in the internationally recognized program.

Music Together was started about 20 years ago by Ken Guilmartin, a music teacher and composer in Brooklyn, and Lili M. Levinowitz, who at that time was doing research on tonal and rhythm development in young children while earning a doctorate at Temple University.

Nevins, a Hebron resident, heard about the program and trained to become a Music Together teacher when she was living in Brooklyn. When she and her family returned to Connecticut she introduced the program to families in Chester, where they were living, and in other towns in the lower Connecticut River valley. "There was a high concentration of families that really get what we're trying to do," she said.

Wechsler, who lives in

Your child can make a difference in the future of the world.
We can make a difference in the future of your child.
Talcott Mountain
SCIENCE CENTER & ACADEMY
Inspiring Discovery. Exploring Potential.
Developing the Leaders of Tomorrow.
Open House
Saturday, January 23
10am | Reservations Required
Day Academy for Gifted Students K-8
Montevideo Road | Avon, CT | 860-677-8571
www.tmsc.org | www.talcottacademy.org

(Brian Ambrose photo)

Children and their adults enjoy a song led by Carrie Wechsler at a Music Together class.

Glastonbury, was a stage actor in New York who worked as costumed characters on the side. She was portraying Clifford, a big red dog in children's books, at a birthday party when she saw a Music Together class for the first time. "It was amazing," she said.

When she was living in Fairfield, working in New York and expecting her first child she knew she wanted to continue working in music and performance but wasn't sure how to combine a career with motherhood.

"I got three different emails from friends saying I'd be an amazing teacher," she said. She met Jackie Jacobs, a Music Together instructor, and apprenticed with her while she was pregnant, eventually teaching classes in Westport and Fairfield.

When Wechsler and her husband, Paul, moved to Glastonbury eight years ago, Jacobs referred her to Nevins.

"Jackie told me 'I'm losing someone so great and you're getting someone so great,'" Nevins recalled. They've been working together ever since.

"It's all about early childhood music and movement," Nevins said. "The children come with Mom or Dad or Gramma or Nana, mixed ages, siblings together."

She said that while the teachers

READ
LIFE
ONLINE AT
www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS

Graduate Studies @ Central Connecticut State University

Learning for Leaders

With outstanding professors, more than 50 programs — from master's degrees to the MBA and EdD, plus a variety of teacher certification and professional non-degree certificate programs — flexible scheduling, and one of the lowest tuitions in Connecticut, CCSU's School of Graduate Studies will prepare you to lead in whatever field you choose — business, education, engineering & technology, counseling, and many others.
To learn more: www.ccsu.edu/grad

Affordable, Accessible, Excellent – Graduate Studies @ CCSU

EDUCATION

have a structured plan, to the families the class is more like playing. "We keep it very play-based," she said. "It has to engage their sense of fun."

The 10-week sessions give families a chance to get to know each other, and it's not uncommon for children to sit on another mother or father's lap.

Nevins' described the program as "child-led learning, very in line with Montessori."

"It's like story hours," she said. "At one, a child might be looking at pictures or colors, at three they might be recognizing letters. We respect a child's learning style."

Wechsler said some children sit and stare, simply soaking it all in. "Others will be hopping and jumping like a bunny," she said. "We help parents with what they're seeing."

"They're like a sponge," she continued. "Observation is one of my favorite ways to learn. We help parents celebrate how their kids are learning. We encourage parents to play the class CDs at home and in the car. It's fun to see parents have fun with music, to reconnect with their love of music."

The women offer classes on Tuesday morning at the Riverfront Community Center and on Saturday morning at The Congregational Church in South Glastonbury.

"We help parents celebrate how their kids are learning. We encourage parents to play the class CDs at home and in the car. It's fun to see parents have fun with music, to reconnect with their love of music."

– Carrie Wechsler

Wechsler, who usually teaches the Saturday class, said she enjoys doing something that working parents can be part of.

"I'm spoiled," she said. "I teach Saturday mornings. I know the feeling of not being able to do a class with your kids. The parents are thrilled to be in class with their children. Sometimes they alternate between Mom and Dad or they come together. It's a party."

Jenna Serignese, a local mother, said Music Together has eased her concerns about returning to work after her son was born.

"I was so torn about returning to work, feeling miserable that I was not going to be able to take [my son] to any activities, and then my friend in Fairfield told me about Music Together when I was just a few weeks shy of starting work and it got rid of so much guilt that I felt about choosing to return to work. And then, of course, we fell in love with it and [the instructor], and later, all the amazing friends we have made."

Lauren Berger, a Glastonbury resident, praised Wechsler and the program in general.

"My family started going to Music Together classes when our daughter was two and absolutely loved it - particularly with our instructor, Carrie Wechsler, who is truly unique, amazing sunshiny incredibly talented performer, vocalist and teacher," she said. "We're so lucky to have her here in town. I can't stress enough how much we loved this class." **GL**

To learn more about Music Together, visit musictogether.com. For information about local classes, call the Glastonbury Parks and Recreation Department at 860-652-7679 or visit Glastonbury-ct.gov, then click on "Departments" and "Parks and Recreation."

Award Winner in the 2014 New England Newspaper & Press Association Competition

LIFE
Valley
West Hartford
Glastonbury
Wethersfield
Rocky Hill
Newington

We are pleased to announce that our publications were award winners in the **2014 New England Newspaper & Press Association Competition** in the following categories:

- *Overall Design and Presentation*
- *Advertising Campaign*
- *Local Display Ads*
- *Special Section or Supplement (Editorial)*
- *Human Interest Feature Story*
- *Personality Profile*
- *Special Section or Supplement (Editorial)*

To Advertise
860.651.4700 • www.TurleyCT.com

ENROLL NOW!
Come on in!

- Age Appropriate Programs for Ages 6 Weeks to 9 Years
- Nursery School with Certified Teacher
- Child and Parent Consultations
- Before & After School Programs with Transportation Provided
- State Licensed Staff
- Open Door Policy
- CT ELDS

After the Stork comes the... Stork Club inc.
EXCELLENCE IN CHILD CARE AND PRESCHOOL DEVELOPMENT
CHILD-CARE & DEVELOPMENT CENTERS

MONDAY TO FRIDAY
6:30 AM-6:00 PM

6 LOCATIONS

MERIDEN (203) 235-8461
186 Pomeroy Ave.,
(E. Main St. Exit Off I-91)

CHESHIRE (203) 272-1637
1311 Highland Avenue (Rt. 10)

SOUTHINGTON (860) 276-1031
1348 West Street
(Exit 31 Off I-84)

ORANGE (203) 881-0599
801 Baldwin Rd.,
(At Derby Ave./Rt. 34)

ROCKY HILL (860) 563-9096
558 Cromwell Ave.,
(Rt. 3 Exit 23 Off I-91)

GLASTONBURY (860) 659-3002
586 New London Tnpk
(At Rt. 17 Overpass)

READ LIFE ONLINE AT
www.TurleyCT.com

EDUCATION

Student of the month

Annika Petrov wanted to do something to help when Luke Dunn, the son of close family friends, was a patient at Connecticut Children's Medical Center earlier this year. She sewed a "Love for Luke" pillow and later learned that he was comforted by it and held on to it during his treatments for a rare form of liver cancer. Luke died in August, but Annika, a student at Gideon Welles School, continued hand-sewing pillows to honor his memory and comfort other young patients with serious diseases. This past summer she sewed 27 pillows "pillows with a purpose" and has heard from many families who have been touched by her caring.

"It started out as something really small," Annika's mother, Marcy said of the pillow project, adding that Annika also ran a lemonade stand and raised $65 in Luke's memory. GL

ProHealth PHYSICIANS pediatrics

Christina Kozar, DO • Steven Craig, MD • Margaret Kloby, MD • Patricia Bouwer, APRN • Cecille Freilich, MD • Joy Hong, MD

Welcoming New Patients

Somerset Pediatrics in Glastonbury is part of the ProHealth Physicians family, providing excellent care and service to children and adolescents.

Our philosophy is to deliver personal, up-to-date medical care and preventive health guidelines to families. We enjoy teaching parents and sharing updated information according to the guidelines of The American Academy of Pediatrics. As primary care physicians, we should be your first resource in pursuing your child's medical and mental health care needs.

We use new technologies to provide high-quality primary care with a patient-centered focus.

- Secure electronic health records
- *my*ProHealth patient portal—view your medical records online (*and more!*)

To schedule your first visit, call toll-free: 1-855-CTMD-411
Somerset Pediatrics • 290 Western Boulevard, Glastonbury • 860-652-3325

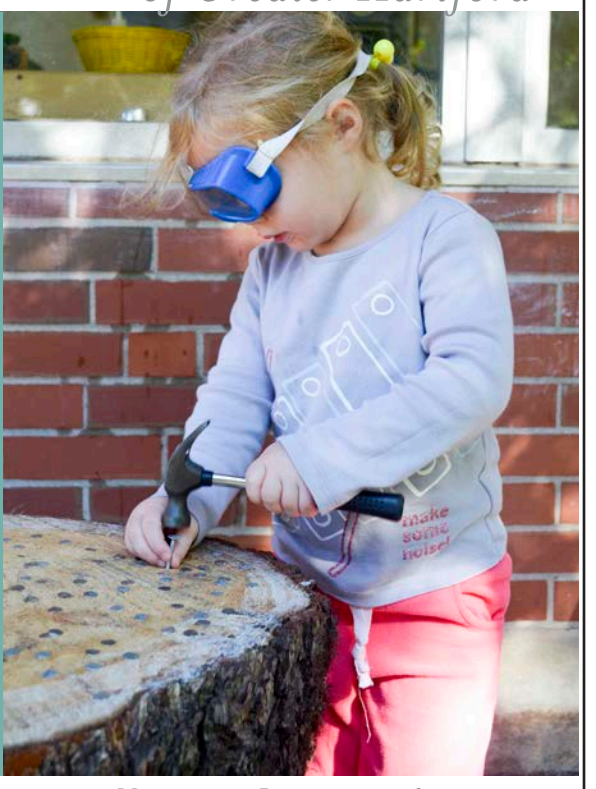
ProHealthMD.com/SomersetPediatrics

Montessori School *of Greater Hartford*

We believe in the unlimited potential of your child.

Rolling Admissions

Serving children 15 months to 15 years



Recognized by Association Montessori Internationale.
Accredited by Connecticut Association of Independent Schools.

141 North Main St, West Hartford, CT
860.236.4565 | msgh.org | Est. 1964

MSGH does not discriminate against any person in admission, employment, or otherwise on the basis of race, color, religious creed, gender or sex, age, national origin, ancestry, marital status, sexual orientation, physical or mental disability (unless such disability prevents performance of the work involved), or on any other basis prohibited by law.

EDUCATION

Strategies to help kids focus on their schoolwork

Some youngsters experience difficulty when the time comes to focus on their schoolwork. Such difficulties may be linked to a variety of factors, and parents can be overwhelmed as they attempt to identify the root cause of their youngsters' struggles in the classroom.

According to the Centers for Disease Control and Prevention, roughly 6.4 million American children between the ages of four and 17 have been diagnosed with attention deficit hyperactivity disorder, or ADHD.

ADHD most often occurs in children, and these children may have difficulty with concentrating, paying attention, staying organized, and remembering details. But not all children struggling to focus on their studies have ADHD. Parents who want to help their kids overcome their issues with regard to focusing can consider a host of approaches and strategies.

• Speak with a qualified healthcare professional. Because ADHD is so common, parents should seek the opinion of a licensed healthcare professional to determine if their child has the disorder. According to the National Resource Center on ADHD (www.help4adhd.org), psychiatrists, pediatricians, neurologists, psychologists, and certain licensed counselors or therapists are qualified to diagnose ADHD. Determining if a child has ADHD is a great first step toward helping that youngster overcome his or her struggles in the classroom. A qualified healthcare professional can help develop a strategy to improve focus, and that may include prescribing medication to improve the child's ability to concentrate.

• Speak with your child's teacher. Students who don't have ADHD can still have trouble focusing on their schoolwork, and parents of such students may want to speak to their children's teachers to solve the problem. Educators have significant experience dealing with students who have trouble focusing, and they may be able to make certain suggestions to help kids focus on their work.

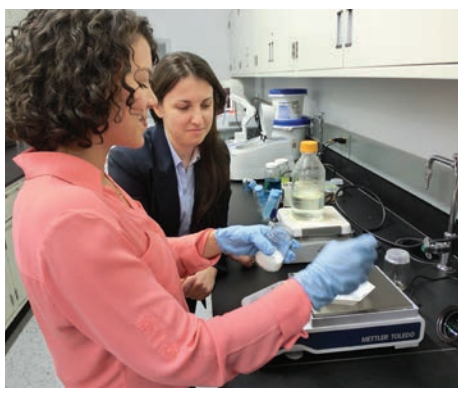
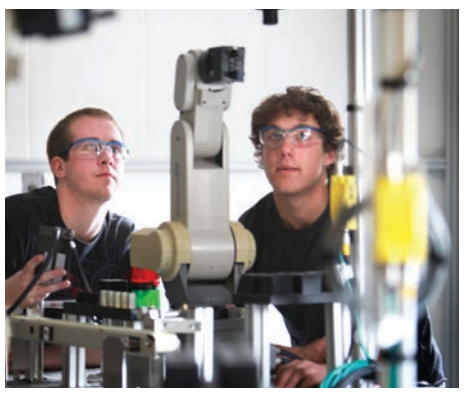
• Minimize distractions at home. Some kids may do well in class but find it hard to focus once they arrive home. That's because home often has far more distractions than the classroom. Once the time comes for your child to do his or her homework, minimize distractions that can compromise his or her ability to focus. Turn off the television and take kids' phones away if they have their own phones. During homework time, only allow them to use their computers for their lessons and not to connect with friends via social media.

Parents also should make sure they aren't the distraction. Let kids do their work in peace and quiet, offering to help if need be, but steering clear of kids work areas so they are encouraged to focus and not strike up conversations with mom or dad.

• Make lists. Some kids focus better when they know exactly what they have to do. Encourage such youngsters to make lists of their assignments and check items off as they are completed. Checking items off can give kids a sense of accomplishment, which can motivate them to stay focused on their schoolwork going forward.

• Encourage breaks. A breather every so often can help kids avoid growing tired. Make sure kids don't take up another task, such as playing video games or watching television, during their breaks. But keep in mind that standing up every so often to walk around or get a glass of water can help them stay sharp and energized over the long haul. **GL**

COME TO ONE OF THE BEST UNIVERSITIES IN NEW ENGLAND
CENTRAL CONNECTICUT STATE UNIVERSITY
Start with a dream. Finish with a future!

- Honored as a "Great College for the Real World"
- Professors who will challenge you AND help you succeed
- Over 100 excellent academic programs
- Exciting Division I athletics
- Full- or part-time study

CENTRAL • CONNECTICUT • STATE • UNIVERSITY 1849

www.ccsu.edu

A Liberal Education. Practically Applied.

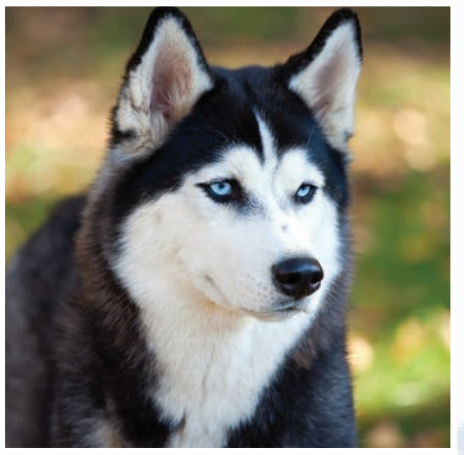
"Olivia applies her in-depth knowledge and political science skills acquired at Eastern in practice, supporting the mission of the Connecticut state legislature. We benefit each day from her excellent liberal arts education, passion for continued growth and leadership skills."

Carrie Vibert, Director
Office of Program Review & Investigations
Connecticut General Assembly

Olivia Puckett '15
Political Science Major

EASTERN
CONNECTICUT
STATE UNIVERSITY
www.easternct.edu

PETS



Because Your Pets Are Our Family too!

The experienced team of caregivers, groomers and specialists at Candlewick Kennels are committed to providing your pet with the highest level of quality care.

Lodging

- Safe, Clean & Comfortable Environment
- Inside Suites with Outside Patio
- Trail-Walk and Courtyard Activities
- Daycare available while lodging
- Feline Condos & Apartments too!

Grooming

- Grooming staff with over 40+ years' experience
- Groomer-Client Consultations
- Special Coat and Skin Treatments
- Daily Appointments

Daycare

- All Day Fun & Exercise with Friends
- Free Evaluation Day
- Great Opportunity for Socialization
- Packages Available
- Indoor & Outdoor Areas

Pet Resort, Hotel & Spa
CANDLEWICK KENNELS
Since 1976

2811 Hebron Ave., Glastonbury • 860-633-6878
www.CandlewickKennels.com
Mon-Fri 7am-7pm • Sat 8am-6pm • Sun 12pm-5pm

Our entire facility is heated and air conditioned

Beaver Brook Animal Hospital

$5.00 OFF* Grooming with Katie
All breeds - Cats Too
*New grooming clients only

OPEN 7 DAYS A WEEK
See our website for details www.beaverbrookah.com
60 Beaver Road • Wethersfield • 860-757-3346

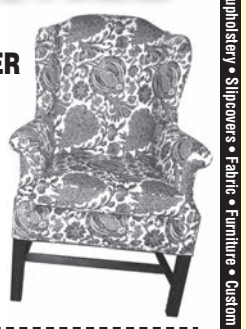
HOME & GARDEN

Reupholstery • Slipcovers • Fabric • Furniture • Custom Window Treatments • Wallpaper • Flooring

WINTER SALE

REUPHOLSTER a SOFA or 2 CHAIRS for $529*

*Plus the cost of our fabric



10% OFF ALL FABRICS

*Previous orders do not apply. Must present coupon at time of order.

Old Lyme 860-434-4242 | Hartford 860-244-3475 | Toll Free 877-688-3475

Family owned & operated showroom & workroom since 1929

EHRLICH DECORATING & UPHOLSTERY LLC

*Previous orders do not apply. Only applies with purchase of our fabric.

Showroom & Workroom 3324 Main Street, Hartford, CT

www.ehrlichdecorating.com

Not Affiliated With Ehrlich Interiors in Farmington

Reupholstery • Slipcovers • Fabric • Furniture • Custom Window Treatments • Wallpaper • Flooring

Reupholstery • Slipcovers • Fabric • Furniture • Custom Window Treatments • Wallpaper • Flooring

Live Beautifully!

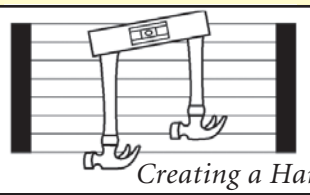
HOME & GARDEN

VISIT OUR NEW SHOWROOM WITH
THE LATEST STYLES, COLORS & PRODUCTS
FOR YOUR KITCHEN AND BATH.

CHRISTINO
KITCHENS & REMODELING

A trusted, creative, and experienced design/build team

730 Hebron Ave., Glastonbury • 860-430-2661 • www.christinokitchens.com



HARMONY
Home Improvement

100% FINANCING AVAILABLE

Creating a Harmony customer, contractor & community

ROOFING • SIDING • WINDOWS & more...

CALL NOW for our SPRING ROOFING SALE

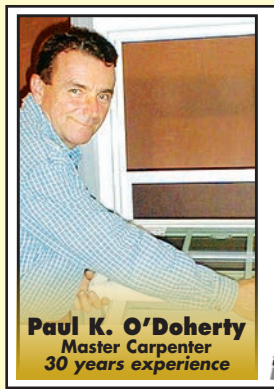
CALL NOW for a FREE upgrade to lifetime shingles
with this ad only

860-645-8899

lic. #604200/ Fully Insured/Free Estimates

Factory Certified with CertainTeed

022411



Paul K. O'Doherty
Master Carpenter
30 years experience

VERY LOW PRICES on
Andersen WINDOWS • DOORS

PK Windows LLC

Craftsmanship • Integrity • Value

HARVEY MARVIN Andersen WINDOWS • DOORS

$100 OFF
our low prices on Anderson and Harvey Windows

860-628-1173

www.pkwindows.com
Master Carpenter - 30 Years Experience

H.I.C. #612970

Eco-friendly without compromise.

Only this can.™

Natura® has no harsh fumes,
and delivers premium performance.
Gentler and safer for the whole family.

Benjamin Moore®

Paint like no other.™

©2015 Benjamin Moore & Co. Benjamin Moore, Natura and the triangle "M" symbol are registered trademarks and Only this can and Paint like no other are trademarks licensed to Benjamin Moore & Co. No harsh fumes refers to No VOC emissions detected according to CDPH/EHLB/Standard Method V1.1, 2010

GLASTONBURY'S PAINT STORE

Main Street, Glastonbury

860-633-3551

www.katzhardware.com

Find us on: facebook

KATZ ACE® HARDWARE & RENTAL

Benjamin Moore Paints

HOME & GARDEN

Happy Holidays

TO OUR LOYAL CUSTOMERS!

General Landscaping, LLC

860-659-5757

www.generallandscaping.com

Member of BBB • CT Lic # 555660

S.K. LAVERY APPLIANCE COMPANY

Glastonbury's most complete appliance center!

We will match any competitor's price!

Let S.K. Lavery Appliance Company provide you with the professional service you expect and deserve, as we've been providing for over 86 yrs.

GLASTONBURY • 97 New London Tpke. 860.633.1065 | WEST HARTFORD • 1003 Farmington Ave. 860.523.5271 | NORTH HAVEN • 370 Sackett Point Road 203.288.7727

Visit us on the web at www.sklaveryappliance.com

FRANKLIN Painting LLC

Interior & Exterior Residential Specialists

"Check" us out:

- ✓ *On time, courteous professionals*
- ✓ *Written satisfaction guarantee*
- ✓ *Call for a quote today!*
- ✓ *Staff Color Consultant on call*
- ✓ *Get Peace of Mind & A New Look*
- ✓ *No Hassles or Headaches*

877-646-7774

ANDY WOTTON PLUMBING & HEATING, LLC

(860) 833-8153

Old fashion, honest, reliable service at a reasonable price. All residential plumbing, repairs done from leaky faucets to oil/gas heat conversions.

Call today and we will show you quality still makes a difference!

Note from Nancy

Thoughts in the dark

By the time you read this, we'll be about a week from the winter solstice. Winter, with its snow and ice and bitter cold, awaits, but daylight will be increasing soon.

The winter solstice is usually defined as the shortest day of the year, but that's misleading. December 21 – or sometimes the 22nd – is 24 hours long, just like every other day. It's just that more of it is in darkness.

I don't think it's a coincidence that so many celebrations take place around the solstice. Rather than thinking about darkness and the coming winter, people look on the bright side and celebrate the return of light.

The solstice is celebrated as Yule by pagans, from whom Christians have borrowed the term itself, decorations such as evergreen trees, holly, mistletoe, candles, wreathes and poinsettias, as well as caroling and the exchange of gifts. Jews celebrate and exchange gifts during Chanukah, also known as the festival of light.

Once the celebrations are over, winter, even with those tiny increases in light from one day to the next, can be pretty dismal.

We all look for ways to get through it with our brain cells intact. Some people enjoy winter sports, others curl up by a fire and read. Some head south. Choices abound.

For my husband and me, it's UConn basketball.

We have season tickets for the women's games on campus and treat each one like date night. We leave early, stop for supper along the way and then head for campus and the game, which, more often than not, is a blowout for the Huskies. Attendance has been down for the past few years, apparently because most of the games aren't competitive. We don't care. We simply enjoy watching those young women do what they do so well.

Last year we were invited to a celebration of the team's national championship and had a chance to chat with the players. I told Kiah Stokes that she and the others had probably prevented several people in the state from losing their minds during those long snow- and ice-covered months. She nodded and smiled. As someone who had spent the past four winters in the frozen boondocks of Storrs, she understood. Geno Auriemma knows, too. I can't find the exact wording, but one of his famous comments was something like "We get three seasons of good weather, and then we have basketball."

By the time the NCAA tournament comes along, it's almost spring and even if the yard is still buried in snow, as it was this past year, we know the end of winter is near.

I found a few quotes about darkness and winter that I'd like to share. Some will make you laugh, others will make you think.

"Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content." – Helen Keller

"One kind word can warm three winter months." – Japanese proverb

"Most men the good they have despise. And blessings which they have not prize: In winter, wish for summer's glow, In summer, long for winter's snow." –Sanskrit proverb

"I like these cold, gray winter days. Days like these let you savor a bad mood." – Calvin, in the comic strip Calvin and Hobbes by Bill Watterson

"In the depth of winter, I finally learned that within me there lay an invincible summer." – Albert Camus

"I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt, and perhaps it says, 'Go to sleep darlings, till the summer comes again.'" – Alice's Adventures in Wonderland by Lewis Carroll

And my personal favorite: "I love winter. The bugs are dead, and the people are indoors." – Dennis Ruane, author and woodcarver

Whatever you celebrate at this time of year, enjoy the season and the celebration. Best wishes to all. – *Nancy Thompson*

glastonbury LIFE

540 Hopmeadow Street, Simsbury, CT 06070
860-651-4700

Read our publication online at
TurleyCT.com

KEITH TURLEY, Publisher

EDITORIAL
Abigail Albair, Executive Editor
aalbair@turleyct.com
Nancy Thompson, Editor
Alison Jalbert, Assistant Editor

STAFF WRITERS
Alicia B. Smith, Allie Rivera, Mara Dresner, Sloan Brewster, Ted Glanzer, David Heuschkel

ADVERTISING SALES
Melissa Friedman, Advertising Director
melissa@turleyct.com, 860-978-1345
Matt Winkler
matt@turleyct.com

PAGE DESIGNERS
Daniel Kornegay, Cynthia Martel, Robert Sirois

GRAPHICS DEPARTMENT
Barbara Ouellette, Production Manager
ads@turleyct.com, 860-264-5523
Maureen LaBier, Production Assistant
Corley Fleming, Cynthia Martel, Kathy Kokoszka, Cindie Cagenello

CIRCULATION
For circulation issues, please call 860-651-4700

FOLLOW US ON

published by
TurleyCT
COMMUNITY PUBLICATIONS

CLASSIFIEDS

Avon • Canton • Farmington • Glastonbury • Newington • Rocky Hill • Simsbury • West Hartford • Wethersfield

Vacation Rental

★★★★★★★

FOR RENT – HOUSE 5 MINUTES FROM STRATTON VT SKI RESORT. 4 Bedrooms, 4.5 Baths, Great room with kitchen, living room and dining room. Lounge on lower level. Beautiful mountain views. No smoking, No pets. Christmas week, $4,900. Information package with photos and details available through email by request. Call for more information. Jerome 508-726-1006 or jp@mvyi.com

★★★★★★

Cleaning Services

ADA'S HOUSE CLEANING – Quality personal service. Weekly, biweekly, or monthly. Specializing in help to clean before closing/ moving or one time cleaning. In business since 2000. Call 860-521-3823 or 860-944-6541. Lic & insured #1110413.

Cleaning Services

OFFICE OR HOUSE CLEANER. If you need your office or house cleaned, feel free to give me a call. Free estimates. 860-856-1803.

Help Wanted

GOOD ATTITUDES REWARDED. MERRY MAIDS NOW HIRING full time or part time. Must be able to work Monday-Friday from 8am-5pm. No nights, holidays or weekends. Must have own car, driver's license and insurance. Please call 860-563-8367 to set up an interview.

Nurse Seeking Position

GETTING BETTER TOGETHER! Adult care only. Live-in, days or nights and weekends. Many years' experience with Alzheimer's, Diabetes and more. Responsible and dedicated caregiver with medical education. Excellent cook. Leave message: 860-229-2038

Houses

I BUY HOUSES AS-IS. CASH. Call today 860-674-9498 or Email: john@boucherbuilding.com CT. REG. # 530518

Services

BENEDICT OVERHEAD DOOR. Is your one stop for all garage door problems. CT HIC #0621772. Call 860-828-2951.

ANDI'S MASONRY Stone Walls, Veneer Stone, Brick Walls, Blue Stone, Steps, Fireplaces, Chimneys, Patios, Sidewalks, Pavers, Retaining Walls. All Masonry Repairs. Satisfaction Guaranteed. Free Estimates. Lic#0637095. Call Buki 860-417-9968

BATHROOM REFINISHING. Tub and Shower Replacement -economical to custom. Do the job right - replace - don't cover up. Toilets, sinks and vanities as well. Reasonable, licensed and insured. Charles Peterson 860-839-0246.

Services

Z-THE HANDYMAN, LLC HOME IMPROVEMENT. Interior. Exterior. Painting, flooring, decks, power washing, vinyl siding, roofing, etc. Don't pay high prices, Call 860-690-2855. Ask for John. Licensed & Insured.

ANDY WOTTON PLUMBING & HEATING, LLC 860-833-8153. We offer honest plumbing at a reasonable price. Estimates are always given before any work is done. From snaking your main drain to water heaters and boilers, faucets and leaky pipes - WE DO IT ALL. Remember with Andy Wotton Plumbing, it's not done until you say it is. Call today 860-833-8153. Licensed and insured P10282605 S1 0402048.

DAVINO ANTIQUE CLOCKS -Antique Clock Repair - Repair and maintenance service for antique and vintage clocks. House calls available. 860-402-5585 www.davinoclocks.com

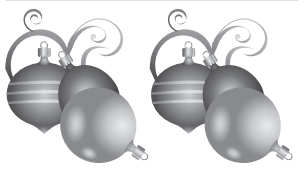
Services

CHS CARPENTRY. Kitchen & Bathroom full remodeling, windows, doors, decks, porches, cabinets, installation, paint, custom tile installation, drywalls, siding, rooing, floors & trim work. Fully licensed & insured. References available. Reg.#612982 Call 860-803-5535 or email chscarpentry@live.com

TREE REMOVAL SPECIAL SAVE 10%. Free Estimate. Also stumps, chipping, etc. Licensed/ Insured. 860-621-0008.

PIANO TUNING AND REPAIRS by Hartt School of Music trained tuner. Piano cleaning and climate control also available. Contact Ted Williams 860-228-0309.

PROTECT YOUR INTELLECTUAL PROPERTY. Patents, trademarks etc. Call Ted Paulding. No longer representing the big guys. Now helping the little guys become a big guy. 860-474-5181.



Services

NEED A NEW LEASE ON LIFE? Licensed professional, 20 years' experience. No diagnosis, full confidentiality, reasonable rates. Relationship, family, and life stage issues a specialty. Call or email today. 860-231-1997 or MBrubeck@MarciaBrubeck.com

HOME WATCH SERVICE - THE ALTERNATIVE TO HOUSE SITTING for snowbirds, vacationers, empty homes for sale. Professional & Insured. www.mindyourmanorct.com 860-805-6226

Gamblers Anonymous

Gamblers Anonymous can help you. Take back your life. Phone: 855-2-CALL-GA 855-222-5542 to speak with someone. Gamblers Anonymous is a non-profit fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. www.gamblersanonymous.org.

Classified Ads:

$40 for up to 20 words, 30¢ each additional word

Classified Ads run monthly in all 6 of our local publications. If ordering by mail, please make checks out to TurleyCT or provide your Credit Card information. PAYMENT MUST BE RECEIVED BY DEADLINE OR YOUR AD WILL NOT RUN. We accept Mastercard, Visa and American Express. Make checks payable to TurleyCT.

3 WAYS TO PLACE A CLASSIFIED AD!
Call: 860-264-5656
Email: mlabier@turleyct.com
Mail: TurleyCT
Attn: LIFE Classifieds
PO Box 497
Simsbury, CT 06070

Name (PRINT) _____ *AD TEXT* _____

Company: _____

Address: _____

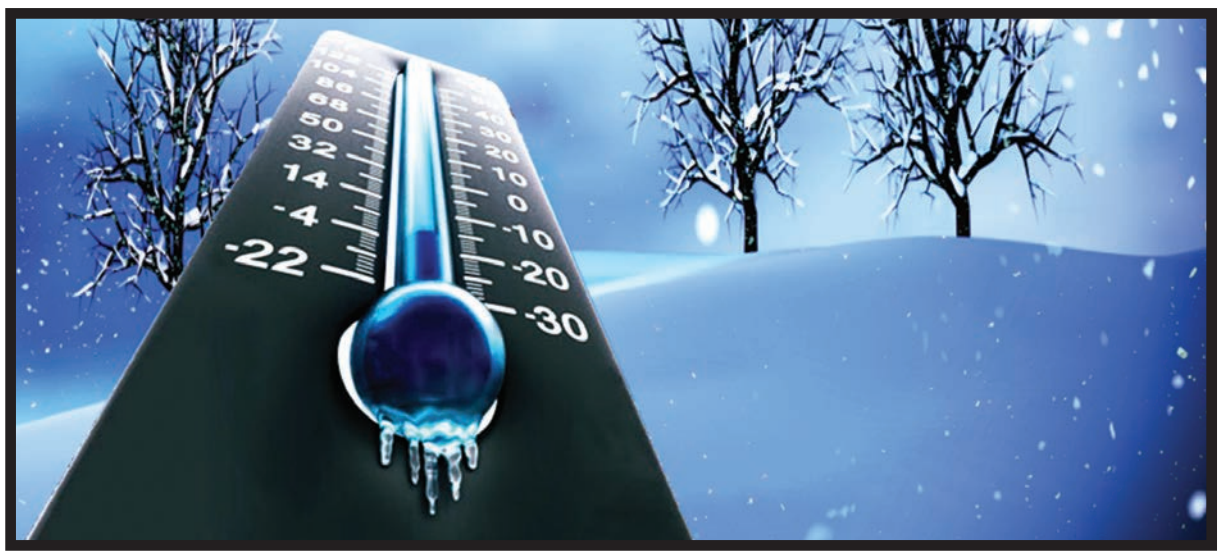
Phone: _____

Check or Card # _____

Exp Date _____ *Security Code* _____

No. of Months to run: _____

BY MARK DIXON
WFSB METEOROLOGIST [AMS]



Averages, and Extremes...

Climatologically speaking, January is the coldest month on record here in Connecticut. However, last year, it was February that made headlines – not only the coldest February since records have been kept, but the coldest of all months!

No matter if it's hot, or cold... dry, or wet...we're always crunching numbers. It's important to know how the weather we are dealing with compares to the past. It helps us make correlations and to track trends over time.

The term normal can be somewhat misleading, "average" is more appropriate in many cases. When talking about temperatures being "above" or "below" or even when it comes to rain/snow with a "surplus" or "deficit" ...the values we are using as points of reference are based on a mathematical average over a 30 year timespan, typically three consecutive decades.

So, specifically for the month of January... how does the month shape up? On the 1st, the average low is 19 while the average high is 35. By the end of the month, there is not much fluctuation... 18 and 35, respectively. For snow, 12.3 inches is average.

In the realm of extremes, January of 2011 holds the record for snowiest with 54.3 inches. The coldest temperature recorded in the month was 26 degrees below zero, in 1961! On the flipside, the warmest temperature recorded in the 31 day period was 72, in 2007. **GL**

BRIAN AMBROSE PHOTOGRAPHY
HOLIDAY SEASON IS UPON US! SCHEDULE YOUR FAMILY PORTRAITS OR PURCHASE A GIFT CERTIFICATE
860.659.1119
brianambrosephoto.com

TurleyCT Community Publications
Life Publications The Valley Press The West Hartford Press
To advertise call 860-651-4700 • TurleyCT.com

COLDWELL BANKER
RESIDENTIAL BROKERAGE

CROMWELL – Inspect the elegant design of this gracious 5BR/2+BA home. Excellent residence with beautiful appointments. Spaciously yours, for a comfortable lifestyle. 2 fireplaces. An extraordinary buy!

$474,900 Anna Zastem 860-604-2106

CROMWELL – STUNNING PANORAMIC VIEWS! Delightfully updated Estate home at the TCP. Hickory wood floors, high ceilings, elegant trim-work & an open floor-plan – perfect for entertaining opening to a fabulous sunroom & deck! 1st floor master suite, 4BR/3.1BA, cul-de-sac.

$600,000 Suzanne Delany 860-402-6178

EAST HAMPTON – 3BR/2BA remodeled Ranch is more than meets the eye! Huge FR & lrg MB suite w/ amazing bath. Kitchen has new tile, butcher block counter and SS appliances. Attached 3 car garage is 24' x 44'. Relax on front porch or new 400 sq ft. Bluestone patio.

$244,999 Joanne Barmasse 860-301-8949

GLASTONBURY – Spacious Colonial features 4 bedrooms, 2 full baths and one half bath, 2 car garage, nice kitchen with formal dining room. Den with sliders that walk out to open and level backyard. Ideal location with tons of potential. Sold in As-Is condition.

$224,900 Anna Zastem 860-604-2106

GLASTONBURY-PORTLAND LINE – 3BR/3.1BA rarely avail remodeled CT River front home w/gourmet kit & granite counters, lrg island, SS appl's & walk-in pantry. Open flr pln ideal for entertaining. LR & DR w/24 feet of sliders, spacious deck, FR exits to screened in porch.

$749,900 Jody Smaglis 860-573-2090

GLASTONBURY – 2009 custom built home on apprx. 1.89ac abutting a state forest. Open floor plan, 9' ceilings, central vac, security sys, study, neutral décor. Fin walk-out lower level. Brand new in-ground heated pool with pavilion. Owners just invested $117,000.

$588,800 Julia Rosner 860-508-3636

GLASTONBURY – 5BR/3.1BA Colonial on apprx 4 ac. Lrg gourmet kit w/granite & SS, dble ovens, lrg pantry ceilings both flrs. Newer & subzero fridge. Expansive FR w/marble fp & wet bar. MBR w/2 closets & jacuzzi. 9' roof, irrigation sys, security sys & central vac.

$535,000 Julia-Rosner.com 860-508-3636

Warmest thoughts and best wishes for a wonderful holiday season and a very happy new year!

GLASTONBURY – UNIQUE HILLTOP NEIGHBORHOOD! 4BR/3BA Colonial on level & private approx. 1 ac lot. FR w/vaulted ceiling, fp & skylights opens to a very spacious kitch, hdwd flrs, C/A, fin LL, walk-up attic, 1st fl. office & laundry. Home warranty included.

$359,000 Julia-Rosner.com 860-508-3636

GLASTONBURY – Beautiful waterfront lot on Addison Pond! Approved building lot w/barn on approx. 1/2 acre! Underground utilities, public water, public sewer, natural gas & cable available. Close to all town amenities, private neighborhood setting, cul-de-sac.

$159,900 Gina-Lavery.com 860-869-2148

GLASTONBURY – Fabulous 4BR/2.2BA Colonial on cul-de-sac in great neighborhood. Front to back great room w/HW flrs & fireplace. MBR has 2 walk-in closets. Central air on 2nd floor, powerful wall unit on 1st. Deck & patio w/private wooded view. Finished lower level

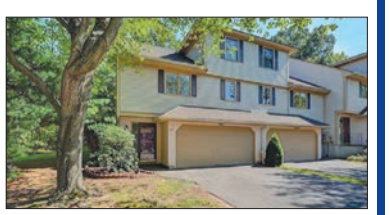
$289,900 Julia-Rosner.com 860-508-3636

GLASTONBURY – 2009 custom built home on apprx. 1.89ac abutting a state forest. Open floor plan, 9' ceilings, central vac, security sys, study, neutral dÈcor. Fin walk-out lower level. Brand new in-ground heated pool with pavilion. Owners just invested $117,000.

$588,800 Julia-Rosner.com 860-508-3636

GLASTONBURY – Premier custom built 4BR/3.1BA in popular Balmoral neigborhood. Designer touches incl. columned rooms, crown molding, tray ceilings, wainscoting & starburst windows. Exercise & game room in fin. LL. Priv. level yard. Expansive deck for 3 season use.

$648,000 Julia-Rosner.com 860-508-3636



GLASTONBURY – PRIVACY, 2-CAR ATT GARAGE & SHINING WOOD FLOORS are highlights of this 2BR/2.1BA contemp, open-plan end unit! Brand new furnace & AC! Kitch w/SS appl's & abundant cabinet space. Walk-in level is a tiled (20x10) multi-use room included in sq footage!

$222,500 SuzanneDelany.com 860-402-6178

GLASTONBURY – 4BR/3.1BA stately Col. Modern style kit w/ granite, SS appl's & lrg island. Master suite w/ fp, grand chandelier, high ceilings, hrdwd flrs, balcony, amazing custom built walk-in closet. Addt'l finished space in LL w/ wet bar, full bath & walk out.

$574,900 AnnaZastem.com 860-604-2106

GLASTONBURY – Spacious Colonial features 4 bedrooms, 2 full baths and one half bath, 2 car garage, nice kitchen with formal dining room. Den with sliders that walk out to open and level backyard. Ideal location with tons of potential. Sold in As-Is condition.

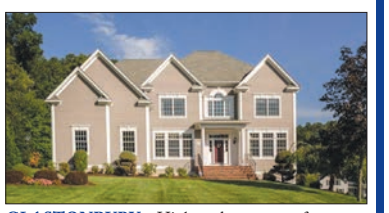
$233,900 AnnaZastem.com 860-604-2106

GLASTONBURY – NEW PRICE! YOUR OWN RETREAT!! 3-car detached garage with full loft! Contemporary home with 3BR/2.1BA on approx. 2+ private acres. 2 skylites, fp, walk-out lower level includes ½ BA & wine room! Many updates!

$359,500 SuzanneDelany.com 860-402-6178

GLASTONBURY – Charming office/retail space available for rent in the heart of downtown Glastonbury. First floor is approximately 1040 sqft Perfect for professional office, medical, spa.

JodySmaglis.com 860-573-2090



GLASTONBURY – High-end custom craftsmanship! Exquisite 5BR/4.1BA Col on a cul-de-sac n/hood. Fabulous open flr pl w/2 story foyer & fam rm. Gourmet kit, 1st fl BR w/prvt BA. Stunning MBR suite w/sitting area. Irrigation sys, c/vac, security sys, 2nd flr laund rm.

$639,000 Julia-Rosner.com 860-508-3636

MANCHESTER – Exceptional 9BR/6+BA Vintage Colonial. Glamorous home with elegant amenities. Space to spare. 8 fireplaces, elevator for accessibility. Patio. This elegant home will delight you. Impressive styling and beautiful features.

$499,900 Jody Smaglis 860-573-2090

MANCHESTER – 3BR/2BA recently updated ranch on apprx 1 acre. Lrg open LR & DR, HW floors, updated kitchen, sunroom. Walk out lower level holds 1BR, new bath & pellet stove. Central air & standby whole house generator, garden space, stone walls & level backyard.

$199,900 Gina-Lavery.com 860-869-2148

MARLBOROUGH – Looking for a spacious 4BR/2.1BA home in a convenient country n/hood? This is the house for you! Meticulously maintained w/approx. 3,100sf, updt kitch w/oak cabinets, quartz counters, tile flr & bkfst nook. Plenty of natural light, great rm sizes, 3-car gar & more!

$354,900 Jamie Bell 860-604-8459

PORTLAND – Charming 4BR/1.1BA Saltbox Col. Lrg LR w/ fp & french doors, country kitchen, DR w/ pine flrs & chair rail, 1st flr FR w/ built-ins, flr to ceiling fp. Lrg FR room in fin basement. New roof 2010, 2 car gar w/ loft & single det. garage w/electricity.

$339,900 Jody Smaglis 860-573-2090

ROCKY HILL – Move in condition 2BR/1.1BA townhouse. Open floor plan w/cathedral ceiling in LR. Newly installed deck overlooking quiet private yard. Brand new refrigerator & newer appliances. Fresh paint. 1st fl. laundry, attached 1 car garage.

$161,900 Katherine Cheah 860-906-8368

Glastonbury Office | 119 Hebron Avenue | Glastonbury, CT 06033 | 860.633.3661

ColdwellBankerHomes.com

©2015 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker, the Coldwell Banker Logo, Coldwell Banker Previews International, the Coldwell Banker Previews International logo and "Dedicated to Luxury Real Estate" are registered and unregistered service marks owned by Coldwell Banker Real Estate LLC.

COLDWELL BANKER PREVIEWS INTERNATIONAL

COLDWELL BANKER RESIDENTIAL BROKERAGE